

Guess what's in Store for you this **Mother's Day!**

Win one of five \$200 gift certificates and surprise Mom this Mother's Day.

scotia square
barrington place shops

\$1000 in gift certificates to be won!

The world's largest global newspaper

metro

HALIFAX • THURSDAY, MAY 6, 2010

metronews.ca

Drowning in Debt? Reach Out!

W/B/L/I
INCORPORATED
TRUSTEE IN BANKRUPTCY

902 482 2000
4debtrelief.com

Lobster claw goes back in time, a bit

CAPE BRETON Colin Dandy has been fishing for 30-plus years and over that time has pulled his fair share of unusual items from the sea. But while fishing scallops recently about two and a half miles off Cape Breton, Dandy hauled in a fossilized lobster claw.

"You can see where the claw was buried in the sand and after so long it carbonized," Dandy said. "It goes to show that lobsters were around here long before man."

Dr. Stuart Critchley, curator with the Cape Breton Fossil Centre, confirmed what Dandy believed, that it is indeed a fossilized lobster claw from the carboniferous era.

According to Critchley, the claw is between 300 million and 350 million years old.

CAPE BRETON POST

Whalen denies part in email

Liberals hire lawyer to investigate internal message blasting leader Stephen McNeil

PAUL MCLEOD
paul.mcleod@metronews.ca

The constituency assistant for Deputy Liberal Leader Diana Whalen neither confirms nor denies he was behind an internal email to Liberal party members bashing leader Stephen McNeil.

"I have no comment," Doug Boudreau said yesterday at Whalen's Clayton Park constituency office.

When asked if he has any views of McNeil's leadership, Boudreau responded, "None I'd like to share pub-

licly." The email has sent Liberal party brass scrambling to investigate how someone got their hands on a secret party mailing list for all registered members, potentially breaking privacy laws. Even MLAs are not privy to that list.

An email attacking McNeil's leadership was sent anonymously from leadershipreview2010@gmail.com—a reference to McNeil's upcoming leadership review later this month.

Liberal party sources allege they tracked the IP address to a "D. Boudreau" from the same neighbour-



Whalen

McNeil

hood where Whalen's constituency assistant Doug Boudreau lives.

The Liberals have hired lawyer Michelle Awad of McInnis Cooper to investigate. Awad recently represented two fire department officials in a high-profile case regarding anonymous online comments on The

Coast's website. One Liberal MLA said almost the entire Liberal caucus suspects Whalen was involved in the McNeil smear campaign.

She vehemently denied that yesterday. "I had nothing to do with that, my office had nothing to do with that," she told reporters.

However, she said she had not asked her staff members if they were involved, saying she did not want to take part in a "witch hunt."

"I'm saying that I don't know who sent that email and that's the end of it. I don't know and I don't

think it's my job to be part of the witch hunt," she said. Whalen said the email is a party affair and she didn't understand why legislature reporters were raising the issue.

"I'm in the middle of answering an email to somebody who doesn't like the HST hike. You know, why aren't we talking about things that have more substance?" she said.

In 2007, Whalen lost to McNeil for the Liberal leadership by 68 votes.

McNeil's leadership review is scheduled for the weekend of May 15.

Afghanistan Sailor heading home



Military comrades of Craig Blake, a petty officer second class with the Canadian Navy, carry his casket during a ramp ceremony yesterday at Kandahar Airfield. Blake, who was based at CFB Shearwater, is the first Canadian sailor to die in Afghanistan since the mission began in 2002. He was killed Monday by a makeshift bomb. **Story, page 3.**

Sleepwatcher strikes city's west end

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

CRIME A sleepwatcher struck in Halifax's west end last weekend.

A woman on Edinburgh Street woke to find a man masturbating in her bedroom at 4:40 a.m. on Saturday morning. He fled when she confronted him.

While the man in this incident entered the residence in a similar way (through an unlocked door or window), police say it appears to be a different M.O. than the south end sleepwatcher who broke in to several young women's homes beginning in 2008.

Const. Brian Palmeter with the Halifax Regional Police said the latest incident was not in the university area and the south end sleepwatcher didn't masturbate while watching the women.

FIND MORE ONLINE

metronews.ca

SCAN LIFE
WHAT'S THIS BARCODE FOR?

Find out on the Local page.

Mother's Day

Make mom's day extra special with Metro's Mother's Day Gift Guide, pages 20-28

On the web

Visit metronews.ca for news updates

LUMBER MART

LumberMart STORAGE BUILDINGS

SIZE	BARN	COTTAGE	BARN	COTTAGE	BARN	COTTAGE
4x8	\$297	\$307	\$437	\$477	\$487	\$637
6x8	\$457	\$467	\$617	\$657	\$667	\$817
8x10	\$597	\$627	\$817	\$867	\$887	\$1,067
8x12	\$697	\$727	\$967	\$1,017	\$1,037	\$1,227
8x14	\$797	\$827	\$1,067	\$1,117	\$1,137	\$1,327
8x16	\$837	\$867	\$1,057	\$1,107	\$1,127	\$1,317
10x8	\$897	\$927	\$1,167	\$1,217	\$1,237	\$1,427
10x10	\$937	\$967	\$1,207	\$1,257	\$1,277	\$1,467
10x12	\$977	\$1,007	\$1,247	\$1,297	\$1,317	\$1,507
10x14	\$987	\$1,017	\$1,257	\$1,307	\$1,327	\$1,517
10x16	\$1,097	\$1,127	\$1,317	\$1,367	\$1,387	\$1,577
12x8	\$967	\$997	\$1,237	\$1,287	\$1,307	\$1,497
12x10	\$1,007	\$1,037	\$1,277	\$1,327	\$1,347	\$1,537
12x12	\$1,047	\$1,077	\$1,317	\$1,367	\$1,387	\$1,577
12x14	\$1,087	\$1,117	\$1,357	\$1,407	\$1,427	\$1,617
12x16	\$1,127	\$1,157	\$1,397	\$1,447	\$1,467	\$1,657

NEW LOWER PRICES FOR 2010

HALIFAX 477-6500 DARTMOUTH 468-7772 www.lumbermart.ca

PRE-BUILT OR SITE BUILT...

Ask sales person for details on any of our units here, erected for you by our pros.

Save money by buying a "Deluxe" Shed and we'll colour match the paint on your home to match.

No need to side it!

FREE Gallon of Citadel Series Stain with every Deluxe Shed Kit (FREE colour matching!)



Bikini tops
from **\$5.95**

H&M

News on the Move
IN THREE EASY STEPS

1 DOWNLOAD THE FREE SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA



3

Local



Greenhouse hosts open house

Those with a green thumb looking to know how HRM staff makes its plants and flowers look so good can attend a greenhouse open house Saturday from 9 a.m. to 3 p.m. at 5711 Sackville St., across from the Public Gardens. Greenhouses in HRM cultivate most of the plants and flowers for the municipality's parks and open spaces.

METRO HALIFAX

Slain sailor heads for home

Diver remembered as 1,500 troops attend ramp ceremony

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

The body of the first Canadian sailor killed in Afghanistan began its journey home yesterday.

Sheerwater-based diver Petty Officer 2nd Class Craig Blake was killed by a makeshift bomb Monday.

More than 1,500 Canadian and ISAF personnel attended a ramp ceremony early yesterday at Kandahar Airfield for Blake, who is Canada's first sailor to die in Afghanistan since the mission began in 2002.

Blake's casket was loaded by his military

comrades onto a plane amid a thick cloud of dust that gave the atmosphere a sepia-like hue.

Nearly 30 of his Halifax brethren flew to Trenton, Ont., yesterday to be there to receive the remains.

Eight of them will be pallbearers and 20 will act as a colour guard. Blake's body is scheduled to arrive this afternoon.

Details on the funeral service have not been released, but no matter where the funeral for the Simcoe, Ont., native takes place, another memorial

service will be held within the diving unit.

Former navy diver Darren MacIsaac worked with Blake for the better part of a decade.



Blake

"He was an awesome guy," MacIsaac said in an interview yesterday. "He loved his family and loved his work. He coached hockey and was coach of the year for the peewees."

When MacIsaac's phone rang early Tuesday morning, it was a shock to learn Blake was killed by one of the very devices he was sent to Afghanistan to defuse. "You're not used to hearing that one of your

"He was an awesome guy."

Darren MacIsaac, former co-worker

buddies went down. I didn't sleep much that night."

Blake was a husband and father of two. His brother Chris said Tuesday that Blake was a sailor first and foremost and was apprehensive about serving in Afghanistan.

"Being in the ordnance and bomb disposal and everything he was trained for, he also knew that this was part of his calling."

WITH FILES FROM
THE CANADIAN PRESS

MLA objects to daycare's 'no off-site trips' policy

KIDS Nova Scotia's community service minister doesn't agree with the stance of a local daycare not letting children under its care off-site.

Denise Peterson-Rafuse was responding to news of Kids and Company — a daycare on Barrington Street — that took a group of 10 toddlers out for a walk off-site Tuesday to Fort Needham Memorial Park in north-end Halifax and left one behind.

Police were called and the two-year-old boy was located, unharmed, by several neighbours around 10:45 a.m. Halifax Regional Police spokesman Const. Brian Palmeter estimated the child was alone for 10 to 15 minutes.

Victoria Sopik, CEO of Toronto-based Kids and Company, said because of this incident, the company is stopping daycare workers taking kids off-site for walks to parks or playgrounds.

She said it was "unbeknownst to us" the practice was even happening in Hal-

ifax, adding it goes against Kids and Company's corporate policy.

Peterson-Rafuse said yesterday her department is investigating the incident.

"If all the safety measures are put in place, children should have the opportunity with the daycare staff to go off site," Peterson-Rafuse said in response to the company's policy.

"If we need to be more supportive in some areas ... to allow that to happen, that's what I want to look into."

Sopik said the toddler was left behind after the two teachers improperly counted the number of children as they were leaving the park.

She said the teachers — who "have been disciplined" for their actions but not fired — realized they left the child behind as they were walking back to the daycare.

Kids and Company does have an outdoor, fenced-in playground area for children.

PHILIP CROUCHER/
METRO HALIFAX

Beware of energy-saving scam, say HRM police

WARNING Police in HRM are warning the public about a new scam making the rounds.

The Halifax Regional Police/RCMP Integrated Financial Crime Unit says it has received several complaints from people who received calls from someone trying to sell them something.

The device — which police say doesn't actually exist — will supposedly reduce a person's energy use and result in a lower bill. The caller then asks for credit card information to complete the transaction.

Police say none of the roughly six complainants were taken in by the scam.

METRO HALIFAX



Scan this code for local news.
See the Local page to learn how to scan.

metronews.ca
What's online today.

Video Still no fans of seal hunts, PETA uses graphic video to urge tourists away from Canada at metronews.ca/canada

Lotteries
Lotto 6/49: 12, 13, 15, 31, 47 and 49. Bonus 28
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Prince Street Bubbles bust-out

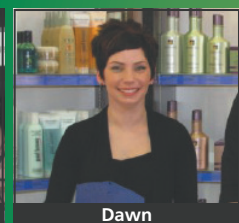


A worker removes shopping carts from the Bubbles Mansion sign on Prince Street yesterday. The bar, which was partly owned by Mike Smith, who played Bubbles in the Trailer Park Boys, closed down last month after four years in business.

Chatters Salon welcomes Penny and Dawn to their salon team!



Penny



Dawn

\$500 OFF

any salon service with Penny or Dawn

Not valid with any other offer or coupon.

Expires June 30, 2010. Valid at Chatter's Bayers Lake Only

CHATTERS

HAIR | BEAUTY | SALON

Bayers Lake | 194 Chain Lake Drive
Halifax, NS | 902-407-4121

Dartmouth Crossing | 86 Hector Gate
Dartmouth, NS | 902-407-1011

OPEN DAILY

www.chatters.ca

The Macdonald Bridge will be closed to all motor vehicle traffic starting tonight at 10 p.m. and on Friday as workers mill the wearing surface of the suspended spans roadway. The closure, which doesn't include the sidewalk and bike lanes, will last until 5 a.m. the next day. **METRO NEWS SERVICES**

MS patients rally for new treatment

People with multiple sclerosis and their supporters rallied outside the Nova Scotia legislature yesterday, pressing for more funding and research for an unproven treatment for the disease.

About 30 people — a half dozen of them in wheelchairs — called on the NDP government to approve the procedure and provide funding for those seeking testing and treatment.

Christopher Alkenbrack, a 42-year-old former teacher from Wolfville, said governments should start offering help now, even though the treatment is still in the experimental stage.

"I'm not in a wheelchair yet, but I could be soon if I don't get this procedure done," he said, leaning heavily on a pair of crutches. "They need to act immediately."

Alkenbrack, who was diagnosed when he was 24, said his battle with the disease has become a serious



Protesters march around Province House as they rally for testing and treatment of chronic cerebrospinal venous insufficiency (CCSVI) for multiple sclerosis sufferers. The protesters want funding for an experimental treatment which isn't covered by provincial health insurance.

burden. He was forced to quit his job as a principal in Quebec six years ago and his health is in decline. He recently cashed in his

RRSPs and is planning to travel to Poland on May 15, where he will receive the treatment. He said the trip is expect-

ed to cost him \$15,000.

"There's all kinds of people in Nova Scotia and all over Canada who don't have the means to make a

trip overseas and get this procedure," he said.

The activists want researchers to speed up work on an Italian doctor's theory that narrowed neck veins cause blood-borne iron deposits to build up and damage brain cells, and that unblocking the veins will help people with MS.

But many neurologists say much more study is needed.

Una Nordqvist of Halifax has battled MS for about 20 years. She said she understood that experimental treatments need to be subjected to rigorous testing, but she insisted that the new treatment should be quickly approved because it is a simple procedure that has few side-effects.

"It's a very non-invasive treatment," she said.

Nova Scotia Health Minister Maureen MacDonald said the province needs to be sure the risks and the benefits of the treatment are clearly established.

THE CANADIAN PRESS

Abuses at residential facilities prompt law

DISABILITY Last fall, Community Services Minister Denise Peterson-Rafuse found herself powerless to stop abuses of mentally disabled people at residential facilities.

Dozens of cases of abuse had surfaced, including 21 instances at the Riverview adult residential centre in Riverton, near New Glasgow.

In one case a man refused to drink water and a staff member "pulled down the top of the resident's pants and poured water on him" according to reports, then held him down and forced the resident to drink.

Provincial staff were

powerless to interject directly, and instead started working with the Riverton board of directors. But the abuses kept happening.

"There seemed to be still reports of staff-to-residents abuse," Peterson-Rafuse said yesterday. "It was very frustrating, I have to tell you, as community services minister, knowing we weren't getting at the central core of the problem."

The case sparked the creation of new legislation introduced yesterday that grants the minister the ability to remove a board of directors and take direct control if necessary.

"It would give the minister the right to say 'OK, this is a dysfunctional board, this is a dysfunctional executive director, unfortunately. We need to go in and we need to do something,'" said Peterson-Rafuse.

"And we can move more quickly, which is very important when you're talking about abuse cases."

No charges were ever laid in any abuse case, but four people were fired and 14 people have resigned since October 2007. The new legislation also more than doubles the facilities that fall under licensing rules. Previously a building had to care for at least four people to fall under the Homes for Special Care Act. By lowering that threshold to three people, about 200 new facilities will be added to the current 122.



Denise Peterson-Rafuse

HRM, province move to keep new subdivisions from facing droughts

PAUL MCLEOD
paul.mcleod@metronews.ca

WATER After a slew of HRM residents were left on the hook for massive water hookup bills, the municipality and the province are moving to ensure it never happens again.

Developers have been building subdivisions at the city outskirts without

doing studies on water availability. Once they're built and the people are moved in, they've discovered their wells are running dry. Then they're stuck with bills of up to \$20,000 per lot to have city water piped in.

Developers will soon be required to complete hydro-geological studies before completing a subdivision. Future developments

could be forcibly scaled back to match water availability.

HRM tried to make the change months ago but didn't have the authority to act unilaterally.

Yesterday Service Nova Scotia Minister Ramona Jennex announced a change to the HRM charter that will allow the municipality to pass bylaws tackling the issue.

Liberal MLA Andrew Younger is a former HRM councillor who had this problem at the Spider Lake subdivision in his old riding. "In the end the province ended up putting in \$200,000 to solve the water problem after the subdivision was built. It's a real problem," said Younger.

"We simply didn't have the ability to ask for that study to be done ... and the

result was the province, the municipality and the residents incurred a huge burden of cost."

Amendments will also allow the municipality to pass new bylaws banning the chopping down of trees. HRM manager of planning services Austin French said currently developers can clear-cut an area even before their development is approved.



i'm a shopping optimist:
my closet is always half empty.

Win one of four weekly \$1000 Shopping Sprees in May!

Visit ishoptowin.com for full contest details.



MIC MAC MALL

H&M
AÉROPOSTALE
WINNERS
HOMESENSE
GAP
TOYS'R'US
OLD NAVY

New N.B. cabinet position to be a first

New Brunswick Premier Shawn Graham says he will announce a minister of public engagement, the first position of its kind in the country. **THE CANADIAN PRESS**

local 5



Pat Brennan and her one-year-old granddaughter Naomi pose for a photo in north-end Halifax yesterday. Brennan is an organizer for the Dandelion Festival, which runs through Saturday.

Dandies' time to shine

Festival celebrating much-maligned plant

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

They're yellow, tenacious and the bane of every weekend warrior.

Dandelions are far from beloved and Pat Brennan doesn't know why.

"Personally, I just can't understand why there is so much animosity towards dandelions. People want to poison them and say, 'Look at all those dandelions, I've got to get them out of my lawn,'" she said.

"They're pretty. What's not to like?"

There is a small but determined group of dandelion lovers in this city, including Brennan, and this week they're celebrating what they call the "anarchist of the plant world."

The Dandelion Festival kicked off on Sunday with a pancake brunch featuring

Festival events

- **Today:** Weed Walk at 6 p.m., starting at the George Dixon Centre horseshoe courts at 2501 Gottingen St.
- **Tomorrow:** Fermentation workshop at the Grainery, 2385 Agricola St.
- **Saturday:** Dandelion Festival Celebration 3:30-8 p.m. at the George Dixon Centre.

dandelion flower syrup. Events are ongoing all week with a big celebration on Saturday. There will be a potluck of dandelion-inspired dishes, information tables, games, music and an open mic at the George Dixon Centre.

"I think everybody's grandmother ate them in the springtime," Brennan said. "It's an old herb they used for hundreds of years in Europe. It seemed just

like us to turn our backs on something that was so good."

Dandelions are cholesterol and fat free, low in sodium, and a good source of fibre, said clinical dietitian Anna Leiper.

"The only caution is that if anyone has any heart, kidney or liver issues, they need to talk to a dietitian before they incorporate it because it's very high in vitamin A and K," she said.

Dandelions used to be widely used and they're experiencing a comeback.

"If you're looking for a new way to add in a locally grown option — like backyard local — it's a great option for you."

And there's bound to be even larger crops of the yellow dandelions in the coming years. A recently announced provincewide pesticide ban will take effect next spring.

Open houses on coyotes set for Cape Breton

WILDLIFE Parks Canada is hosting four open houses in northern Cape Breton for residents and visitors to ask questions, share knowledge and express concerns about coyotes in the region.

Last October, a 19-year-old from Toronto was killed after being attacked by a coyote in the Cape

Breton Highlands National Park in Ingonish.

Taylor Mitchell, 19, was a singer-songwriter who was touring to promote her new album on the East Coast. She was hiking solo on a trail in Cape Breton Highlands when the attack occurred.

The open houses are set for Neil's Harbour, Ingo-

nish, Cape North and Cheticamp.

The open houses are also an opportunity to learn about coyote behaviour and what people can do at home and in the national park to improve their personal safety and help reduce human-coyote incidents.

CAPE BRETON POST

Halifax again ranked 14th best place to live in Canada

LIST For the second-straight year, Halifax has finished at No. 14 in MoneySense magazine's best places to live in Canada.

There are 179 cities and towns across the country on the list based on populations over 10,000 people.

Cities were rated on climate, prosperity, access to health care, home affordability, crime rates and lifestyle.

Halifax was one of five areas in Nova Scotia to make the list. Kentville came in at 122, Truro at

160, Cape Breton at 169 and New Glasgow at 177.

Top spot went to Ottawa-Gatineau, followed by Kingston, Ont., and Burlington, Ont. Fredericton and Moncton, N.B., rounded out the top five.

METRO HALIFAX

**No Matter Where You Call,
No Matter What Rate you Pay,
Comwave will Beat it...
Guaranteed!**

Call EVEN from your CELL PHONE!

**Make Long Distance
and Overseas Calls
From Your
CELL PHONE!**

(at our **GUARANTEED
LOWEST RATES!**)



CUBA	INDIA	PAKISTAN	PHILIPPINES
89.9¢/min	2.9¢/min	5.9¢/min	11.9¢/min
Afghanistan...24.9¢	Fiji.....24.9¢	Ghana.....9.9¢	Greece.....2.9¢
Bangladesh...3.9¢	Guatemala.....10.9¢	Guyana.....27.9¢	Honduras.....15.9¢
Barbados.....9.9¢	Iraq.....4.9¢	Israel.....2.9¢	Italy.....2.9¢
Chile.....2.9¢	Russia.....2.9¢	Saudi Arabia.....9.9¢	South Korea.....2.9¢
China.....2.9¢	Sri Lanka.....9.9¢	Trinidad.....4.9¢	U.A.E.....16.9¢
Ecuador.....12.9¢	Oman.....12.9¢		
El Salvador.....9.9¢			
Jamaica.....8.9¢			
Jordan.....4.9¢			
Kenya.....9.9¢			
Kuwait.....6.9¢			
Lebanon.....9.9¢			
Libya.....24.9¢			
Nepal.....7.9¢			

If the Country you call is not listed, call now and we'll beat the rate you are paying with your current provider

UNLIMITED
Calling to
CANADA
(From Your Home or EVEN from your CELL PHONE)
\$5/month

UNLIMITED
Calling to
INDIA
(From Your Home or EVEN from your CELL PHONE)
\$29.95/month



comwave®
1-866-519-8090

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Unlimited India \$29.95 per month is based on a 1 year term where early cancellation fees apply (Monthly plan only \$5 more at \$34.95). Unused minutes do not roll over to the next month. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T.

Toronto researchers have unveiled an "Enigma machine" program that can decode the messages of our genes. Like the German decoding device captured by the Allies during the Second World War, the University of Toronto program can unlock the meaning of a garbled language — in this case, the cryptic orders that direct our genetic machinery. **TORSTAR NEWS SERVICE**

Canada



Six pot plants? Go to jail

The Conservative government is reintroducing a crime bill that would impose a six-month sentence for anyone convicted of growing from six to 200 cannabis plants. More than 200 would draw a year in jail. The new bill was reintroduced in the Senate as part of the government's retabling of tough-on-crime bills that died when the last Parliament was prorogued. **THE CANADIAN PRESS**

Who wants to wallop Hitler? Not us

Liberate Europe? Defeat Hitler? No thanks, say younger Canadians in a new poll.

The poll, timed for Saturday's 65th anniversary of VE Day, has the Historical-Dominion Institute suggesting there is increasing reverence for Second World War vets but a troubling ambivalence about following their example.

A clear majority of younger Canadians say they would not have volunteered in 1939 to help liberate Europe and defeat Nazism, according to the poll.

The survey shows a significant divide between older Canadians and those aged 18 to 35 when it comes to assessing Victory in Europe Day, 65 years

"Do they know what this conflict was all about?"

Andrew Cohen

after the end of the most significant human conflagration of the past century.

Over three quarters of 1,025 respondents in the

Ipsos-Reid online panel agreed the men and women who served in the Second World War deserve to be called the Greatest Generation.

More than 94 per cent of respondents said Canada's war veterans deserve to be called heroes.

"You have on one hand praising (and) honouring the veterans — which we

didn't do for many years," said Andrew Cohen, president of the Historical-Dominion Institute.

"And then we ask the question: 'But if you were in similar circumstances, would you go?' Well, yeah, there is a high number generally of Canadians, but the younger you get, the more persuaded they have to be."

Cohen would like to better understand why 60 per cent of adult Canadians below age 35 say they'd reject serving.

"Do they know enough?" he says of the conflict.

"Do they know what this conflict was all about?"

"Having learned what we think they should know, do they still believe that?" **THE CANADIAN PRESS**

How stem cells put women at risk

HORMONES A team of Toronto researchers has pinpointed the molecular mechanism that may explain why women who undergo menopause late in life face a higher risk of breast cancer.

Scientists from the Ontario Cancer Institute have found the ovarian hormone progesterone drives the production of stem cells in breast tissue, which creates an environment ripe for cancer to take root.

The finding provides an important clue to why a woman's reproductive history is a risk factor.

Studies have shown women who have more than the average number of menstrual cycles — women who menstruate

early and those who undergo menopause later in life — are at an increased risk of developing the disease.

But until now, scientists did not understand the molecular basis for why progesterone is involved in the increased risk.

"Our work establishes a direct connection between these hormones and the stem cells in the breast," said the study's principal investigator, Rama Khokha.

TORSTAR NEWS SERVICE

A winning smile Mr. Blair wins fair — to the tune of \$41M



This is the giant grin of one of the happiest men in Canada. Why is this man smiling? Cameron Blair of Beaumont, Alta., won a \$41.7M Lotto Max lottery, the biggest jackpot ever won by a single person in Alberta and the second largest ever in the country. Blair holds his cheque at a news conference in St. Albert, Alta., yesterday.

PETA to tourists: Shun Canada

SEAL HUNT An anti-sealing video is urging tourists to skip Canada.

It's a new salvo against the East Coast seal hunt from People for the Ethical Treatment of Animals. The one-minute video features images of seals being clubbed to death.

PETA hopes to post it on tourism sites targeting northern U.S. states and Europe. PETA's Dan Mathers says it's

a retort to a Canadian commercial that shows a seal hopping on to a kayak as delighted paddlers squeal. It says: Canada. Keep Exploring. The PETA video says: Explore Elsewhere. "Of course they've got a cuddly seal flopping over a kayak with people laughing and we thought, 'Let's bring a dose of reality to this,'" Mathers said.

THE CANADIAN PRESS

Jaffer sparks crackdown on lobbying

SCANDAL Rahim Jaffer is still making his mark on government legislation nearly two years after he lost his seat in the House of Commons.

MPs from all parties voted yesterday to stiffen lobbying rules in the wake of

allegations that Jaffer and a business partner lobbied officials without registering as lobbyists.

The Liberal motion, passed by unanimous agreement of the parties, requires lobbyists to publicly declare when they

meet with parliamentary secretaries.

Jaffer and his wife, Helena Guergis, former minister of state for the status of women, are being asked to testify together June 9 at a Commons committee studying allegations of im-

proper lobbying and conflict of interest.

Prime Minister Stephen Harper removed Guergis from cabinet and the Tory caucus in late March.

THE CANADIAN PRESS

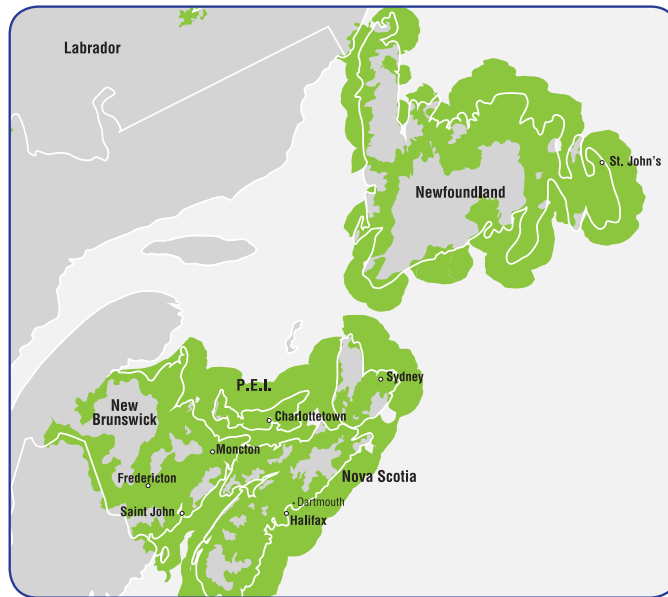


Environment experts say Greenland's offshore drilling plans give Canada reason to worry.

Scan this code for the story. Learn how to scan on the Local page.



Get on Atlantic Canada's biggest, fastest mobile network.



■ TELUS HSPA+ network
■ Rogers™ HSPA+ network

Get on the only HSPA+ network in Atlantic Canada.*



Huawei E182E
Mobile Internet Key

\$0[†] | \$149.99
3 year term | No term
SAVE \$149.99



BlackBerry® Bold™ 9700
For the power messenger.

\$149.99[‡] | \$499.99
3 year term | No term
SAVE \$350



MOTOROLA MILESTONE™
An unparalleled mobile browsing experience.

\$199.99[‡] | \$599.99
3 year term | No term
SAVE \$400



TELUS has been named the most outstanding philanthropic company in the world.

TELUS
the future is friendly®

TELUS STORES & AUTHORIZED DEALERS

NOVA SCOTIA

Amherst
Town Square Mall
Antigonish
3067 Hwy. 104
Bedford
Bedford Place Mall
Bridgewater
Bridgewater Mall
Dartmouth
Dartmouth Crossing
Mic Mac Mall
202 Brownlow Ave.
Digby
305 Conway Pl.
Halifax
Bayers Lake Power Centre
Halifax Shopping Centre
Park Lane Mall
6100 Young St.
1668 Barrington St.
740 Bedford Hwy. W
New Glasgow
263 Jury St.
New Minas
County Fair Mall
Port Hawkesbury
Port Hawkesbury Shopping Centre
Sackville
799 Sackville Dr.
Sydney
Mayflower Mall
337 Welton St.
Truro
Truro Mall
Windsor
Fort Edward Mall
Yarmouth
Yarmouth Mall

NEWFOUNDLAND LABRADOR

Carbonear
Trinity Conception Square
Clarenville
Random Square Mall
Corner Brook
Corner Brook Plaza
69 Broadway Rd.
Gander
Gander Mall
Grand Falls-Windsor
Exploits Valley Mall
Marystown
Peninsula Mall
St. John's/Mount Pearl
Avalon Mall
The Village Shopping Centre
336 Freshwater Rd.
55 Kelsey Dr.
35 Stavanger Dr.

NEW BRUNSWICK

Bathurst
Place Bathurst Mall
Campbellton
Sugarloaf Mall
Edmundston
Place L'Assomption
Fredericton
Regent Mall
Grand Falls
Grand Falls Shopping Centre
Miramichi
Bridgeview Plaza
Moncton
Wheeler Park Power Centre
Champlain Place
Lounsbury Plaza
Saint John
McAllister Place
Lancaster Mall
Shippagan
242 Boul. J.D. Gauthier
Tracadie-Sheila
3379 rue Principale

PRINCE EDWARD ISLAND

Charlottetown
Charlottetown Mall
393 University Ave.
Summerside
County Fair Mall

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

► FUTURE SHOP

BEST BUY

Walmart

BLACK

Offers available until May 31, 2010, unless otherwise stated. Phone availability and prices may vary. Prices are subject to change without notice. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. *Based on total square kilometres of HSPA+ network coverage in Atlantic Canada as of February 2010. †Offer available to new activations; a month-to-month, 1, 2 or 3 year service agreement will receive 1 month of no data coverage within Canada. ‡Available to new activations or renewals on a 3 year term with a smartphone voice and data rate plan of \$50 or greater, or on a BlackBerry Social or BlackBerry Email & IM rate plan. TELUS, the TELUS logo and the future is friendly are trademarks of TELUS Corporation, used under licence. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. YouTube is a trademark of Google, Inc. Android and the Android logo as well as Android Market and the Android Market logo are trademarks of Google, Inc. Huawei is a registered trademark of Huawei Technologies Co., Ltd. Rogers is a trademark of Rogers Communications Inc. All other trademarks are property of their respective owners. © 2010 TELUS.

THE one & only may summer sale

may 3-16

SAVE \$2.96



COORS LIGHT
18 x 341ml

This special pack size saves you
\$2.96 compared to regular 12 pack
price per bottle.

NOW
\$27.80

SAVE \$5



CAPTAIN MORGAN WHITE
1.75L (large size)

NOW \$50.99

SAVE \$3.30



BUDWEISER LAGER
15 x 355ml
This special pack size saves
you \$3.30 compared to regular
12 pack price per can.

NOW \$23.99

SAVE \$4



SMIRNOFF RED
1.75L (large size)

NOW \$50.99

SAVE \$4.50



MOOSEHEAD LAGER
24 x 341ml

NOW \$37.48

SAVE \$4.99



FRENCH CROSS
4L
Cabernet Merlot | Shiraz |
Pinot Grigio | Chardonnay

NOW \$36.50

SAVE \$4



CAPTAIN MORGAN
DARK
1.75L (large size)

NOW \$50.99

SAVE \$2.50



SLEEMAN 12 x 341ml
Clear Lager
Light Original Draught
Honey Brown Cream Ale

NOW \$18.49

NOW \$18.99

Valid at participating NSLC stores throughout Nova Scotia, product selection by store may vary.
Prices subject to change without notice. While quantities last.

Live
IT UP

NSLC
BEER • WINE • SPIRITS

metro

metronews.ca

Thursday, May 6, 2010

8

World

Chaos in Greece

Riots turn deadly, country comes to standstill

Deadly riots over new austerity measures engulfed the streets of Athens yesterday, and three people were killed as angry protesters tried to storm parliament, hurled Molotov cocktails at police and torched buildings.

Tens of thousands of people took to the streets as part of a general strike to protest new taxes and government spending cuts demanded by the International Monetary Fund and European countries before heavily indebted Greece gets a \$141-billion US bailout package of loans to keep it from defaulting.

Three people died after being trapped in a burning bank along the main demonstration route in central Athens — the first deaths during a protest in Greece since 1991, when four people trapped in a burning office building were killed. Another five were rescued.

"A demonstration is one thing and murder is quite another," Prime Minister George Papandreou thundered in parliament during a session to discuss the



A riot policeman runs from protesters angry over harsh new austerity measures, in Thessaloniki, yesterday.

"Nothing less than the future of Europe ... is at stake."

German Chancellor Angela Merkel on the potential effect of the Greek financial crisis on Europe

spending cuts he announced Sunday. Legislators held a minute of silence for the dead.

In Berlin, Chancellor Angela Merkel called the bailout critical for all of Europe. "Nothing less than the future of Europe, and with that the future of Germany in Europe, is at stake," Merkel told lawmakers. "We are at a fork in the road."

On the streets of Athens, demonstrators chanted "Thieves, thieves!" as they attempted to break through a riot police cordon guarding parliament.

THE ASSOCIATED PRESS

China's economic boom blamed for syphilis rise

ASIA Every hour a baby is born in China with syphilis, as the world's fastest-growing epidemic of the disease is fuelled by men with new money from the nation's booming economy.

The easy-to-cure bacterial infection, which was nearly wiped out in China five decades ago, is now the most commonly reported sexually transmitted disease in its largest city,

57 With no mandatory routine screening in place for pregnant women in China, the rate of mother-to-child transmission jumped from seven to 57 cases per 100,000 live births between 2003 and 2008.

Shanghai.

Prostitutes along with gay and bisexual men, many of whom are married

with families, are driving the epidemic, according to commentary published today in the New England Journal of Medicine. The increase reflects the country's economic growth whereby workers can afford paid sex.

commentary published today in the New England Journal of Medicine. The increase reflects the country's economic growth whereby workers can afford paid sex.

THE ASSOCIATED PRESS

Pakistan doubts Taliban's Times Square claim

TERRORISM Pakistan's army does not believe the Pakistani Taliban were behind the Times Square bomb attempt as the insurgent group has claimed, a military spokesman said yesterday.

Relatives and friends of the Pakistani-American arrested in New York over the plot expressed surprise at his alleged involvement, saying he came from a respected family in a conservative part of the country and had previously shown no signs of militancy.

THE ASSOCIATED PRESS

News in brief

VOLCANO A new wave of dense volcanic ash from Iceland snarled air traffic yesterday in Ireland and Scotland and threatened to spill into the air space of England. Authorities are seeking to stop flights

when the ash from the Eyjafjallajökull volcano reaches certain density levels and gets within 100 kilometres of an airport's path.

THE ASSOCIATED PRESS



Forget mice, it's bees that elephants fear — and that fact may help save humans.

Scan code for more. Learn how to scan on the Local page.

Today Only

Thursday, May 6th

BEAUTY REWARDS!

30x RECEIVE
HBC REWARDS POINTS

on ANY **COSMETIC** or **FRAGRANCE** purchase of \$75 (before taxes)
or more when you use your Hbc Credit card or Hbc Mastercard.

15x HBC REWARDS POINTS on ANY COSMETIC or FRAGRANCE purchase of \$75 (before taxes) or more with any tender.



**Celebrate
mom**
this Sunday

Sign up online for a **SNEAK PREVIEW** of our exclusive Saturday and Sunday **BONUS Redemption** offer
in the **COSMETICS** and **FRAGRANCE** department AND advance notice of our One Day Only Offers.

thebay.com

the ay

Shop early. Dont be disappointed. No rain checks and no price adjustments. Offers valid while quantities last. Selection will vary by store. Cannot be combined with any other offer.
Savings are off our regular prices, unless otherwise specified. See in-store for details.

Moody's Investors Service says BP's credit rating could face "downward pressure" because of the rig explosion and oil spill in the Gulf of Mexico. Moody's has revised its outlook for BP's rating from "stable" to "negative." **THE CANADIAN PRESS**

Business

DOLLAR

 **US 97.12¢**

US .44¢



OIL
US \$**79.97**
US \$**2.77**

TSX
11,875.13
155.73

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Mortgage scam could be widespread

CRIME The Bank of Montreal's sweeping lawsuit against hundreds of people in an alleged \$70-million mortgage-fraud scam is just the surface of an industry-wide problem, a forensic accountant says. "This is hitting the news because of the size of the operation and the fact a bank has decided to take such forward action on it," Greg Draper, with firm Meyers Norris Penny, said in an interview yesterday. "But it's happening on a smaller scale to financial institutions across the country."

The Bank of Montreal, in a lawsuit filed in Calgary, says it has been scammed by hundreds of people, including lawyers, mortgage brokers and even some of its own staff. **THE CANADIAN PRESS**

Newsweek **On sale now**



Newsweek magazine is displayed on a newsstand yesterday at South Station in Boston. The Washington Post Co. is putting Newsweek up for sale in hopes that another owner can figure out how to stem losses at the 77-year-old weekly magazine.

Housing market to cool, TD says

The TD Bank says home sales will be significantly lower in the second half of this year and next — and prices are dropping too.

The new outlook is in accord with previous expectations, with the exception that TD now believes the slowdown from the current hot housing market to be sharper.

The bank has kept its prediction for the number of units sold this year nationally at 475,000.

The bank says with home construction stronger than expected, the added supply will soon begin affecting prices.

The first half of this year has been hotter than expected, and the second half will be cooler, the bank says.

TD says it had expected existing home prices next year to gain a modest 1.6 per cent, but now believes they will actually fall about 2.7 per cent on average.

The bank also says prices will drop next year in seven of Canada's 10 provinces, with the three prairie provinces breaking the trend.

It predicted the greatest pullback would be in British Columbia, at 3.4 per cent, and Ontario, at three per cent.

TD said yields on Canadian government bonds — which underpin mortgage rates — have risen faster than expected.

THE CANADIAN PRESS

Loonie sinks over Greek debt crisis

CURRENCY The loonie's assault on parity with the U.S. dollar appears to have stalled — for now — amid a flight to safety from the spreading Greek contagion.

With the sovereign debt crisis threatening to metastasize across southern Europe, the Canadian currency is once again finding it difficult to stay aloft as investors flee to traditional safe-haven currencies, particularly the greenback.

THE CANADIAN PRESS



**No more keyboards:
Google imagines
a phone navigated
by voice or
image search.**

Scan this code for the story.
*Learn how to scan on
the Local page.*

METRO'S SERVICE DIRECTORY

ADVERTISING FOR EVERY BUDGET!

Service Directory

To advertise contact Chris Cannon at 421-5824

EQUIPMENT	MOVING, ETC.	HOME REPAIRS	PERSONAL
<p>BASIC DAY ENTRY</p> <p>Trailering Bull Horses Pay Trailer Roll Time Up To \$18 AN HOUR 802-555-9895 Or reply to Dennis@csn</p>	 <p>MOVING, DELIVERY AND SETUP MADE EASY!</p> <p>1-902-555-5555 Toll Free 866-555-5555 moneymove.ca</p>	<p>Use Green and Save Money</p> <p>Reduce your home ENERGIES by 20% with new and special financing Contact Us Now!!!!</p> <p>www.greenenergy.ca</p>	<p>HOMING ALICE <i>the Scottish Fold</i></p> <p>Get a new cat, kitten, puppy, dog, bird, or fish. Call today for the best selection and best prices on all species and breeds.</p> <p>1-800-555-5555</p>
<p>SPOUSES, RELIEVE STRESS!</p> <p>Earn extra money from home, no selling, great income. Send referral to t2money@csn.com</p>		<p>BUSINESS GROUP</p> <p>Together Grow</p> <p>Currently seeking solid business owners for networking.</p> <p>Call: 800-555-5555 or visit togethergrow.org/</p>	<p>LESSONS</p> <p>PAUSE LESSONS Dance, guitar, piano, children to adults</p> <p>PAUSE LESSONS Guitar, piano, children to adults</p> <p>Call: 800-555-5555 or visit www.pause.ca</p>
<p>Driver's Class One Owner Ops.</p> <p>Local Chemical Pool Training Sign on/Security Bonuses Up to \$1,300/mo + ESC. 1-866-555-5555</p>	<p>MOVE IT NOW TRUCKING</p> <p>Moving and Hauling</p> <p>802-555-5555</p>	<p>NETWORKING</p> <p>The real one on one and flexible group. Free. Lifetime education. Call: 888-555-5555 or www.netgrouper.com/</p>	<p>MISCELLANEOUS</p> <p>Purdy Puppies & Chicks Call: 800-555-5555</p> <p>DayCare Ligonier, Pa. For more programs call: 800-555-5555 or visit www.daycare.com</p>
		<p>INVESTMENTING</p> <p>MOLASHOP MOLASHOP.COM</p> <p>GRAND PRIX CONSUMERS Call: 800-555-5555 or visit www.molashop.com</p>	 <p>Dog Walking and grooming services</p> <p>555-5555 Allison Kent doggyclean.com</p>
			<p>...places flying at your head?</p> <p>gummedatings.ca 422-0077</p>
			<p>CATFISH CAKE</p> <p>Smoking hot. To be shared in halibut from 2010. No negative pressures. 1-800-555-5555</p>

Think of the Service Directory as a classified section on steroids. Full colour ads, display design, and all at a price you can afford. Advertise your services for as little as \$15 per day and you won't have to break your piggy bank!

Publishing Tuesday and Thursday. Contact Chris Cannon at 421-5826 or chris.cannon@metronews.ca

metro®

metrovideochallenge.com



VIDEYOU AND YOUR FRIENDS.

VIDEO CHALLENGE

PUT THE SPOTLIGHT ON YOUR ENTOURAGE!

Grab your mobile phone or video camera and record a 90 second movie! Themes are “My City”, “Me and My Friends” and “My Fun”. One winner from each category has a chance to win a trip to fly to any one of the 100 cities around the world where Metro is published, and will have their storyboard seen by 17 million readers! Find out more on metrovideochallenge.com

17 million people from 100 cities worldwide read Metro every day. There are things that only the largest global newspaper can do.

metro 

Bell Aliant to spend \$350M

Telecom firm to expand network

Regional telecommunications company Bell Aliant will spend \$350 million to expand its advanced broadband network in 2011 and 2012, in the expectation that that will increase revenues as well as grow its TV subscribers.

Halifax-based Bell Aliant has about 37,000 TV customers and expanding its fibre optic-to-the-home network will help "dramatically accelerate" subscribers, president and CEO Karen Sheriff said yesterday.

The fibre optic network allows faster downloads of data such as music or movies and the ability to share video and photos faster. It is also used for digital TV services such as high definition television and high-speed Internet.

Bell Aliant has already said it will spend about \$95 million by the end of this year to expand the fibre optic network to about 140,000 homes and businesses, primarily in New Brunswick.

"It will let us grow revenue over time," Sheriff said in an interview.

"It does that because it lets us pretty significantly expand our television foot-

600,000

Bell Aliant says that by the end of 2012, over 600,000 homes and businesses will have access to the advanced broadband network.

print, to offer television to way more people than we do today because it's an IPTV (Internet-based) solution."

Sheriff said some of the network expansion will be in central Canada but said she couldn't give geographic locations due to competitive reasons.

Bell Aliant Regional Communications Income Fund has also announced it will cut its distributions to unit holders at the beginning of next year after it converts to a corporate structure.

Chief financial officer Glen Leblanc said Bell Aliant had no choice but to cut its distributions when it converts to a corporation because it will face a tax bill of between \$130 million to \$140 million on Jan. 1, 2011. Leblanc said the change will represent a 7.5 per cent dividend yield.

THE CANADIAN PRESS

First-quarter profit gives Torstar cautious optimism

MEDIA Executives at Torstar Corp., owner of the Toronto Star newspaper and other dailies and weeklies, are sounding a cautiously optimistic tone for the year as revenues edge towards a somewhat unpredictable recovery.

"We're certainly not seeing a big, robust recovery, but we're not seeing further decline," Torstar's president and CEO David Holland told analysts in a conference call yesterday.

"I still think that the viability around the balance of the year on the revenue side isn't particularly good, because I think it does tie into how the economy plays out."

Torstar, like most in the newspaper industry, has

"We're certainly not seeing a big, robust recovery, but we're not seeing further decline."

David Holland,
Torstar CEO

faced eroding readership of its newsprint publications while the economic downturn delivered an extra slap as advertisers started reducing their budgets.

However in its first-quarter results, the company reported a net profit of \$7.4 million, or nine cents per share as cost cutting helped drive efficiencies at its newspaper and digital operations.

THE CANADIAN PRESS

Business in brief

TECH A new study says Canadian governments can expect an economic return from seed money in green technology, just not as much as from more traditional investments. The

Conference Board study shows that investments in green technology under government programs in Canada will total \$11.8 billion in the next four years.

THE CANADIAN PRESS

Sears[®]

CELEBRATE MOTHERS

WITH TOP *GIFT IDEAS
MOTHER'S DAY IS MAY 9, 2010

ONE DAY ONLY!
THURSDAY, MAY 6

While quantities last

55% OFF

*All reg. priced gold jewellery

14⁹⁹

Gold-plated heart pendant.
Sears reg. 39.99.



40% OFF

*All reg. priced gemstone, diamond, pearl & cubic zirconia jewellery and wedding bands.

COMPLIMENTARY GREETING CARD WITH \$20 FOR MOM TO SPEND



With your Mother's Day Purchase of \$75 or more¹ of women's apparel, sleepwear, cosmetics & fragrances or accessories, receive a complimentary greeting card which includes a \$20 Cash Card redeemable on your next women's apparel purchase of \$100 or more¹.

¹Before taxes. Excludes Lands' End brand. See Cash Card for details.

*These savings offers exclude items with prices ending in .97 & .88 and Special Purchases. Save 55% offer excludes gold wedding bands

NE051G610 © 2010. Sears Canada Inc.

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: VANCOUVER | EDMONTON | CALGARY | TORONTO | OTTAWA | MONTREAL | HALIFAX

Comment

Mother (sometimes) knows best

Relating

Sofi Papamarko

metronews.ca/papamarko

Dear mom,

Bet you weren't expecting to read an open letter to you in my column this week.

I know you're a pretty private person and I certain-

ly don't want to embarrass you by telling all of these nice people too much about how wonderful you are. That said, I want to take this opportunity to admit a few things that I'd never be able to say in person.

Because I'm stubborn. Listen, you've been right about a lot of things over the years. You've been right and I've been wrong. Enjoy this, because I will never again concede to any of these points, either publicly or privately.

(Unfortunately, due to Mother's Day's proximity to tax time, you'll have to consider this your official present. Sorry.)

Ready? Here we go: You were right to deny us a puppy. It would have grown into a dog. And the novelty would have worn off.

You were right about piano lessons. Even though I whined and complained about practising every day, I am glad that you forced us to learn how to play. Piano

lessons taught me rhythm, emotion and patience — all things that I draw upon daily as a writer. Piano also instilled a lifelong appreciation for music. Thank you!

You were right about coaters.

You were right about mitens.

You were right about boys who aren't nice to their moms.

You were right about choosing my friends wisely. I am a better person for having chosen kind, smart,

funny, thoughtful and generous friends. Thank you for encouraging the good friendships and judiciously raising an eyebrow at undesirables.

You were right about washing lacy bras by hand.

You were right to be over-protective. There's a lot of frightening stuff out there and there was no need for me to be exposed to any of it before I was ready.

You were right that choosing a partner will be the most important deci-

sion I'll ever have to make. So ... let me take my time.

You were right about spinach salad. (The jury is still out on broccoli salad.)

You were right about polka dots.

You are not right at all about pairing pantyhose with open-toed shoes, but nobody's perfect.

Happy Mother's Day!
Ti milvam, Tvoeto srce

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Conversation about sex needs to happen

BroadMinded

Melinda Mattos

metronews.ca/broadminded

By now, you've probably heard about the Ontario government's attempt to introduce a new sex ed curriculum.

The revised curriculum would have seen Grade 1 students learning the proper names of body parts. It would have taught Grade 3 students to respect "invisible differences" between people, like sexual identity and orientation; taught

Grade 4 students about puberty; and mentioned oral and anal sex to Grade 7 students.

Some critics argue that the "graphic" curriculum would encourage kids to have sex earlier. But in a world where sex is used to sell everything from clothing to cars, kids are already getting that message. Shouldn't we provide some non-sense context to go along with the hypersexualized media they see every day? Besides, studies show that kids who are well-informed about sex tend to postpone having it.

Another sticking point is the Grade 3 mention of sexual identity. But what's got opponents' undies in a twist

is really just a quick, PG lesson about respecting differences in others.

The province's sex ed curriculum hadn't been reviewed since 1998 and, while it's cliché to say it, times have changed. Kids are hitting puberty at a younger age and they're encountering sexually charged materials earlier, too.

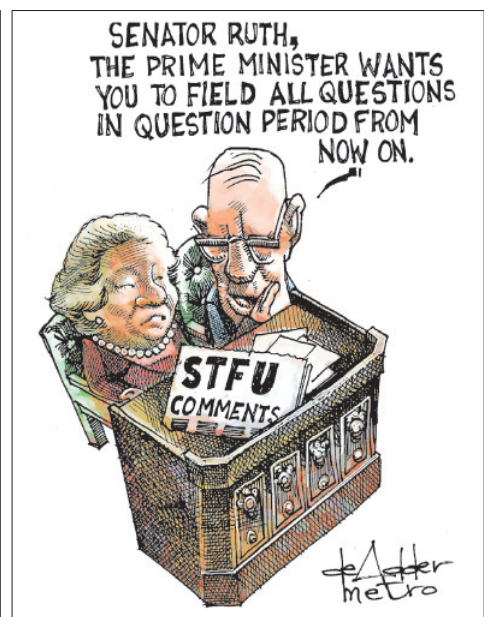
When I hear opponents say Grade 1 is too young to be teaching kids the proper names for their genitals, I can't help but be amazed.

Imagine if you went the first six years of your life without being given the proper word for your hands or feet, stuck with goofy euphemisms (your "grabby

grabber" or your "walky bits") or, worse yet, no words at all. How would you tell someone if something was wrong? How would you develop any sense of ownership? With silence comes shame and confusion.

Talking about sex isn't always easy, especially when kids are involved, but that's why it's part of the curriculum. If we want our kids to grow up to be healthy, happy adults who know how to protect and love their bodies, this conversation needs to happen — and it needs to happen early.

Melinda Mattos is a Toronto-based writer, editor and co-founder of feminist teen magazine Shameless. Visit www.shamelessmag.com



Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Halifax 3260 Barrington Street, Suite 102, Halifax, NS B3K 0B5; Tel: 902-444-4444; Fax: 902-422-5610; Advertising: 902-421-5824 • adinfohalifax@metronews.ca; halifax_distribution@metronews.ca; News: philip.croucher@metronews.ca

Are you Canada's TOP SINGLE?

Brought to you by:

Over \$25,000 in cash and prizes to be won!

- ★ \$5,000 each for the Top Male and Top Female Single
- ★ Top 10 finalists win a red carpet VIP trip to Toronto
- ★ Runner-up wins an all-inclusive dream vacation for two
- ★ And much, MUCH more!

Must be or register to become a Lavalife member at www.lavalife.com and be a Canadian resident 19 years or older. NO PURCHASE NECESSARY. Contest begins April 19, 2010 and ends May 9, 2010. Two Grand Prizes of \$5000 each; a second place prize consisting of an all-inclusive trip for two to a 4-star resort valued at approximately \$2300; 3rd place prize of \$1000 cash; and Bonus Draw for \$1000 cash. Only Top 10 Singles prize winners are eligible to win the grand prize and the runner-up prizes. Grand Prize winners are not eligible to win the runner-up prizes. Winner of Bonus Draw must correctly answer a 4-question mathematical question. Odds of winning are dependent upon the number of entries received. Full rules can be found at www.LavalifeTopSingles.com for 120 days after August 3, 2010. TM Reg d/M.D. Colgate-Palmolive Canada Inc. © Lavalife Corp. 2010.

ANGELA HAS ZERO INTEREST IN SPENDING MORE.



Corolla

0% INTEREST
FOR 60 MONTHS



GET 500 O'REGAN'S DOLLARS!
ON ANY IN-STOCK NEW TOYOTA UNTIL APRIL 30, 2010



Camry

| Yaris

| Matrix



O'REGAN'S
DRIVING HIGHER STANDARDS

**TOYOTA
DARTMOUTH
HALIFAX**

**HALIFAX • 3575 Kempt Road • 453-2331
DARTMOUTH • 60 Baker Drive, Unit A • 464-9550
www.oreganstoyota.com**

OAC. Limited time purchase financing offer provided through Toyota Financial Services on approved credit on new retail sales of qualifying models. Representative finance example based upon \$25,000 financed at 0% APR equals \$416.67 per month for 60 months. \$0 down payment or equivalent trade-in may be required. Cost of borrowing is \$0, for a total obligation of \$25,000. Taxes, freight and PDI of \$1,280 - 1,420, license, insurance, registration and applicable duties, levies and fees are extra. \$500 O'Regan's Dollars can be applied to Toyota Extra Care Protection, Permatashine Full Protection Package or Genuine Toyota Accessories. Offer subject to change/cancellation without notice. See O'Regan's Toyota for details.

The Dalhousie Tigers women's basketball team has recruited Saint John, N.B., native Courtney Thompson, a high school star with the Simonds Seabees. Thompson, a guard who helped New Brunswick place fifth at the 2009 Canada Games, averaged 29.1 points per game in three high school seasons. **METRO HALIFAX**

Sports



Bowers close to record

Halifax's Justin Bowers came within two points of setting a Central Hockey League playoff scoring record. The one-time Mooseheads forward led the CHL with 30 points in 20 games but his Allen Americans lost in six games to the Rapid City Rush in the league final. **METRO HALIFAX**

EDITOR: DON.MCHOULL@METRONEWS.CA

Daye looking to get back on radar

Mounties' cornerback to play in CIS East-West Bowl

MATTHEW WUEST
matthew.wuest@metronews.ca

Bradley Daye wants to make sure Canadian Football League scouts haven't forgotten about him.

The Mount Allison Mounties football cornerback from Halifax is in London, Ont., this week to participate in Canadian Interuniversity Sport's East-West Bowl, a weeklong event that serves as a proving ground for prospects eligible for the 2011 CFL draft.

Daye, who is entering his fifth season with the Mounties, had major knee surgery in January 2009 and has been working to reassert himself ever since.

"I kind of fell off the radar when I had surgery," Daye said.

"This is a chance to get my name back out there."

The 22-year-old ripped up his knee halfway through the 2008 cam-

Leger leads running backs in test

• Saint Mary's Huskies tailback Craig Leger posted an average time of 1.705 seconds in the 10-yard dash yesterday in fitness testing as part of Canadian Interuniversity Sport's East-West Bowl festivities in London, Ont. That time placed him fourth overall and first among running backs. Leger, an Atlantic University Sport all-star, was also 11th overall



Craig Leger

with an average time of 4.84 seconds in the 40-yard dash.

Other testing results saw Mount Allison Mounties offensive lineman Ben Halpern of Halifax finish tied for fifth in the bench press with 25 reps of 225 pounds. Huskies linebacker Ryan King was one spot behind with 24 reps. Huskies safety Jeff Hecht will also compete in Saturday's East-West Bowl. **METRO HALIFAX**

paign, tearing his anterior cruciate and medial collateral ligaments.

He managed to make it back for opening day last season and finished with 34.5 tackles and one interception in eight games for the last-place Mounties.

But he wore a knee brace all season and his speed and quickness wasn't up to snuff.

"The skills were there, but the speed (and quickness) weren't quite there with the brace," he said.

"Now I've lost the brace and I'm probably stronger than I ever was."

The five-foot-nine 183-pounder was an all-star receiver in high school with the St. Patrick's Irish and has been used as a receiver, running back and re-

turner during his university career. But injuries forced the Mounties to use him on the defensive side in his freshman year and his background on offence has helped him flourish ever since.

"A lot of DBs get put in this position because they used to be receivers who couldn't catch," he said.

"But I was always a good receiver and my coverage is probably my strong point. What sets me apart from others is I'm really good at playing the ball."

Daye is eager to get on the field and show scouts what he can do on Saturday at 2 p.m. for the eighth annual East-West Bowl at TD Waterhouse Stadium.

He said a career in the CFL has been in the back of his mind since he enrolled at Mount Allison.

"I love football and if I could do what I love and make money doing it, it would be my dream come true," he said.



Bradley Daye is entering his fifth season with the Mount Allison Mounties.

NHL ahead for Kirkpatrick? Coach can't see why not

MATTHEW WUEST
matthew.wuest@metronews.ca

QMJHL It's getting harder and harder to continue ignoring Michael Kirkpatrick.

The 19-year-old Saint John Sea Dogs centre has risen to the forefront in the QMJHL playoffs, leading all scorers with 12 goals and 15 assists for 27 points in 18 games. It's impressive stuff for a player who was once passed over in the Q draft and who has been ignored in consecutive NHL drafts.

"Kirkpatrick picked it up to another level," Sea Dogs head coach Gerard Gallant said last week. "He's been consistent every game for us, he's been a top player all season, and his power-play work and penalty-killing have been second to none. He's been getting it done."

Kirkpatrick, a North Sydney native who lived in Hammonds Plains when he starred for the Dartmouth Subways major midgets in 2005-06, also has a plus-10 rating and a 55.6 faceoff percentage.

He had a tryout with the



Sea Dogs Mike Hoffman and Nicholas Petersen were drafted to the NHL last summer as 19-year-olds. Saint John coach Gerard Gallant says Michael Kirkpatrick, pictured, has a chance to join them.

Minnesota Wild last fall and is eligible for the NHL draft again this summer. Gallant said Kirkpatrick has a chance to follow in the foot-

steps of his teammates, Mike Hoffman and Nicholas Petersen. Both were drafted last summer as 19-year-olds and could sign three-year

"He's been consistent every game for us, he's been a top player all season, and his power-play work and penalty-killing have been second to none. He's been getting it done."

Sea Dogs head coach Gerard Gallant on Michael Kirkpatrick

NHL contracts in the next few weeks.

"He's in the same boat (as them) and if he's not catching the eye of people, there's something wrong," Gallant said.

"He's played very well for us and he can take motivation from (Hoffman and Petersen)."

The Sea Dogs trail the Moncton Wildcats 2-1 in the best-of-seven QMJHL final and are on the road for Game 4 on Friday at 7:35 p.m.

Huskies beef up roster

HOCKEY The Saint Mary's Huskies are beefing up their roster on the heels of winning a national men's hockey title.

The Huskies are expected to add six-foot-three, 192-pound blueliner Kyle Wharton to their lineup next season, giving them a former second-round pick of the Columbus Blue Jackets who has played pro in the German Elite League and American Hockey League.

Wharton didn't play hockey this past season while studying at Saint Mary's but is eligible to suit up this fall.

The Huskies have also received commitments from

two members of the Ontario Hockey League's Guelph Storm, forward

Connor O'Donnell and defenceman Ryan Gottschalk. Winger Josh Domingues of the QMJHL's Gatineau Olympiques is also planning to join the Huskies.

O'Donnell won a Memorial Cup with the Windsor Spitfires last year and had 30 points and 85 penalty minutes in 52 games in 2009-10.

Head coach Trevor Stienburg said he is still looking to add two more forwards. His club claimed its first University Cup in Thunder Bay, Ont., in March.

MATTHEW WUEST/METRO HALIFAX



Kyle Wharton

Sports in brief

AUS VOLLEYBALL The Dalhousie Tigers women's volleyball team has recruited middle blocker Jena Bray, a high school all-star from Rivers, Man. Bray represented Manitoba at last year's National Team Challenge Cup.

QMJHL The QMJHL unveiled its academic numbers yesterday, reporting that 371 of the league's 389 North American players during the 2009-10 season pursued an education at a high school, college or university. **METRO HALIFAX**

GNC Live Well.™

GNC'S HOT BUY Lowest Prices* of the Year

May 6 to 9¹⁰ ONLY — Hurry In and \$AVE

Lowest prices of the year on some of our most popular items *Everyone gets our lowest price; no other discounts apply.



Gaspari Nutrition
Super Pump 250 (300 g)
HOT BUY \$44⁹⁹



EAS 100% Whey (5 lbs)
HOT BUY \$39⁹⁹



Fusion Purple-K (100 cap)
HOT BUY \$24⁹⁹



NutraSea Original (500 ml)
HOT BUY \$34⁴⁹



BSN No-Xplode
(1025 g - 25% Bonus)
HOT BUY \$49⁹⁹



Progressive VegeGreens
(510 g) or PhytoBerry (530 g)
HOT BUY \$39⁹⁹



Gaspari Nutrition
MyoFusion (5 lbs)
HOT BUY \$47⁴⁹



Hydroxycuts Hardcore X
(120 cap)
HOT BUY \$36⁹⁹



AllMax Nutrition
Rapidcuts Hardcore (120 cap)
HOT BUY \$38⁴⁹



GNC CLA 1000 mg (120 cap)
HOT BUY \$19⁹⁹



Progressive PhytoBerry (900 g)
HOT BUY \$48⁹⁹



AllMax Nutrition
QuickMass (10 lb)
HOT BUY \$59⁹⁹



Pro Performance Whey ISO Burst
HOT BUY
2.2 lb - \$29⁷⁹
6 lb - \$67⁷⁹
10 lb - \$104⁷⁹



Pro Performance Mass XXX
HOT BUY
3.5 lb - \$24⁷⁹
8.8 lb - \$52⁷⁹
15.9 lb - \$87⁷⁹



Pro Performance Maximum Whey
HOT BUY
2 lb - \$22⁷⁹
5 lb - \$38⁷⁹

GNC Live Well.™

May 6 to 9, 2010 ONLY!
Save 20% OFF everything in the store

Use your Gold Card and save an additional 20%



Offer valid May 6 to May 9, 2010 only, while quantities last. Coupon does not apply to HOT BUY products. Coupon must be presented at time of purchase. One time use only. GNC reserves the right to limit quantities. Coupon # 15536 GNC store: Process as a GNC coupon. Enter the GNC coupon number at the Coupon Number Prompt.



O'Regan's on Robie

CHEVROLET
GET MORE
EVENT



2010 COBALT

From \$10,489

SAVE \$0 Down
BIG \$76 biweekly



O'REGAN'S
DRIVING HIGHER STANDARDS

CHEVROLET
CADILLAC

2477 ROBIE STREET • HALIFAX • 422-8551
WWW.OREGANS-CHEVROLET.COM

*Includes all factory to dealer incentives, plus freight, fees & tax. Visit O'Regan's Chevrolet for details.

GM
160,000 km
WARRANTY
5 Year Powertrain

metro

metronews.ca

Thursday, May 6, 2010

16 sports

Jays bring out the brooms in Cleveland

Adam Lind hit a two-run homer with two outs in the ninth inning to send the Toronto Blue Jays to a three-game sweep of the Cleveland Indians with a 5-4 win yesterday. THE ASSOCIATED PRESS

Mastery beyond goals

Crosby not scoring much, but making presence felt in other ways

The Montreal Canadiens won't complain that Sidney Crosby draws the odd questionable penalty — at least as long as the Pittsburgh Penguins superstar isn't killing them with goals.

The Canadiens have kept Crosby from scoring — quite a feat, considering he finished with 51 regular-season goals, tied for the league lead with Tampa Bay's Steven Stamkos. Yet, despite the recent drought, the Penguins' captain has made his presence felt in other ways.

Crosby looked to be at his thespian best as he lashed about with defenceman Hal Gill, leaning into him, drawing what turned out to be a decisive holding call with 12 seconds left in the second period of Pittsburgh's 2-0 victory in Game 3 of their NHL Eastern Conference playoff series.

Then Crosby whacked Josh Gorges on the foot as the period ended, causing a melee that saw Gorges and Pittsburgh's Kris Letang sent off.

With both members of Montreal's shut-down defence pair in the penalty box, Evgeni Malkin scored to break the 0-0 tie at 1:16 of the third period before Pascal Dupuis added an



Montreal defenceman Hal Gill grabs Pittsburgh's Sidney Crosby during the second period of Tuesday's Game 3.

empty-net goal in the dying seconds.

Gill, who was Crosby's teammate when the Penguins won the Stanley Cup last spring, said drawing calls is just one of the things Sid The Kid does well.

"He's a guy that leans on you and tries to drive the net and get low and sometimes, when you hit him, he rolls off you and drives

into you and he generates a lot of calls that way," said Gill.

"He's a tough guy to play against because you have to stick and move, so to speak. But it's not always that easy to do."

The win gave Pittsburgh a 2-1 edge in the best-of-seven series with Game 4 set for tonight, when there is a chance that Penguins centre Jordan Staal

may return after having his right foot cut by a skate in Game 1.

Crosby had five goals and nine assists in the first five games of Pittsburgh's six-game series win over Ottawa in the opening round, but since then, he has put up only a pair of assists in the Pens' 6-3 win in the opening game of the semifinals.

THE CANADIAN PRESS

Bruins on the verge of advancing after 4-1 win

(Boston leads series 3-0)

Bruins 4 Flyers 1



NHL Blake Wheeler, Miroslav Satan and Mark Recchi scored for Boston in a 4-1 win over the Philadelphia Flyers that lifted the Bruins to a commanding 3-0 lead in the Eastern Conference semifinal series last night.

Patrice Bergeron scored an empty-net goal for the Bruins with 1:52 left.

Bruins goalie Tuukka Rask allowed a quick goal at the start, but finished with 34 saves. The Bruins can complete the sweep in Game 4 in Philadelphia on Friday night.

Wheeler and Satan scored 94 seconds apart in the first period to wipe out the Flyers' lead, and the Bruins never looked back.

They won the first two games of the series at home — and the Bruins might not

play in Boston again until the Eastern Conference finals.

Arron Asham scored for the Flyers.

The Flyers' first home playoff game since April 20 had an unusual vibe from the start. There were large patches of empty seats and the normally rocking 20,000-plus was quiet from the opening faceoff.

Perhaps they sensed something. The Flyers did give their fans a quick jolt, scoring first when Asham flipped the puck under a sliding Rask's glove only 2:32 in. It did more than give the Flyers the first lead of the game — it was their first lead of the series. And their last one of the night.

The Bruins took over from there, even as injuries forced centre David Krejci and Adam McQuaid out of the game. Krejci was levelled on a crushing hit from Flyers captain Mike Richards that actually led to Boston's go-ahead goal.

THE ASSOCIATED PRESS

Los Suns Making a point



Steve Nash of the Phoenix Suns moves the ball upcourt guarded by George Hill of the San Antonio Spurs. Nash and his teammates wore "Los Suns" jerseys on Cinco de Mayo in response to an anti-immigration law recently passed in Arizona.

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS

Boston 4 Philadelphia 1 (Bruins lead series 3-0)

Chicago at Vancouver

TODAY'S GAMES

Pittsburgh at Montreal, 8 p.m. (Penguins lead series 2-1)

San Jose at Detroit, 8:30 p.m. (Sharks lead series 3-0)

NBA PLAYOFFS

YESTERDAY'S RESULTS

Phoenix 110 San Antonio 102 (Suns lead series 2-0)

TODAY'S GAME

Atlanta at Orlando, 9 p.m.

BASEBALL

YESTERDAY'S AL RESULTS

Toronto 5 Cleveland 4

Boston 3 L.A. Angels 1

Chicago White Sox 9 Kansas City 2

Minnesota 5 Detroit 4

N.Y. Yankees 7 Baltimore 5

Oakland 4 Texas 1

Tampa Bay at Seattle

YESTERDAY'S NL RESULTS

Atlanta 7 Washington 6 (10 infs)

Cincinnati 5 N.Y. Mets 4 (10 infs)

Houston 4 Arizona 2

Philadelphia 4 St. Louis 0

Pittsburgh 4 Chicago Cubs 2

San Francisco 3 Florida 2

Colorado at San Diego

Milwaukee at L.A. Dodgers

For more scores please visit metronews.ca/sports

5-year fixed mortgage rates
PROVIDED BY RATESUPERMARKET.CA

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
6.25%	6.25%	6.25%	6.10%	4.59%	6.25%	6.25%	6.25%	4.35%

Rates may vary by province; check RateSupermarket.ca for the best rates in your area.

RateSupermarket.ca

Canada's rate comparison website

17

Metro Homes



Steel and mags

The modern Axis Brushed Stainless Steel Magazine Rack will jazz up any living room, bedroom or bathroom. Urban Barn, \$50, urbanbarn.ca.

JENNIFER BILL/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

5-year variable mortgage rates
PROVIDED BY RATESUPERMARKET.CA

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
2.10%	2.10%	2.25%	3.50%	1.75%	2.10%	2.10%	2.10%	1.60%

Are you ready for an awning?

HomeScape

Sylvia Putz

metronews.ca/homescape

Do you remember those painted aluminum awnings that often graced suburban windows a few decades back?

Well, awnings are back big-time. They've been updated too, and many have a sleek "euro" look that I just love. Imagine a striped Paris café awning, or a large red awning gracefully shading the beer garden of a flower-bedecked Swiss Inn, and you get the idea.

Doesn't it make you want to do this at your home?



If you're thinking of adding onto your home or condo, an easy first step is adding an awning. It will save your furniture and your money. Left: This European-style retractable awning is for a patio. Prices start at about \$1800 including installation. Right: This side-arm awning is suitable to shade a window or balcony. Prices start at \$500 installed. See harmonyas.com for retailers across Canada.

The good news is that you can, even if you are in Mississauga or Surrey or Peggy's Cove.

An awning is a structure that has traditionally been used to shade a window. It is attached to the outside of a window. It is usually made

of waterproof woven material or canvas stretched over an aluminum frame.

These days, awnings can work for a number of different settings, not just for windows. You can shade a terrace, deck or patio with a large retractable awning or



provide shade on a balcony or on a large vertical condo window. Ditto for a pool or Jacuzzi. You can shade a glass-topped conservatory or even set up a free-standing shade awning in your yard.

Besides shade and cool-

ing, benefits include energy savings in indoor spaces that are shaded, and protection from sunburn, rain showers and a chilly breeze. Keeping the sun out of your home also means a longer life for upholstered and wood furniture, which will

fade out under sunlight over time. Keep in mind that an awning naturally takes advantage of the fact that it is much more efficient to cool a house by shading a window on the outside, before heat even enters the house. And finally, awnings are flexible, allowing you to attach a side flap or even install screens to keep bugs out, if desired. And does it look sharp, or what? These awnings are a stylish and attractive addition to any home, and can add good looks to traditional spaces as well as contemporary digs. Stripes look wonderfully crisp and nautical, and red, orange or yellow canopies produce a skin-flattering warm tone.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show *Arresting Design*; sputz@arrestingdesign.com.

This spring, the Canadian Diabetes Association wants to help people in your community.

Working together, we can make a positive impact in your community for people with diabetes.

Please donate online at diabetes.ca/neighbours or if one of our volunteers knocks on your door, please make a donation.

 Canadian Diabetes Association

1-800-BANTING (226-8464)

metro

ANNOUNCE YOUR SPECIAL OCCASION IN METRO HALIFAX

- graduations • anniversaries • births
- weddings • all your special occasions

Your ad space is only \$99/day

You provide your special photo and 60 words or less words, and we'll take care of the rest.

Publishes every Tuesday and Wednesday. Two days notice required. Actual ad size is 1.527"x 5".

Showcase your special moments!

Call Chris Cannon
902-421-5826

GRADUATE



Graduate's Name
Graduated from Halifax College University on May 13, 2010 with a Bachelor of Science.

Graduate is the daughter of John and Jamie-lee Doe. Granddaughter of Herald and Maud Doe of Halifax.

Graduate has accepted a position in her field in Cape Breton.

We're so proud of you!
Mom & Dad

Summer decor with India Hicks

DecorMoment



metronews.ca/decomoment

We kick-off our Summer Decorating series with an interview of a woman who knows much about warm weather decor and style.

India Hicks is the daughter of famed interior designer David Hicks, second cousin to Prince Charles, '80s fashion model for Ralph Lauren, host of Bravo TV's Top Design, a hotel

owner and fragrance creator of Crabtree & Evelyn's Island Night & Island Living. British-born, she lives in the Caribbean full-time and has designed three guest homes plus a hotel with timeless look that depicts summertime living. India Hicks was visiting Canada last week and I had a chance to talk with her:

Q What are the key decorating elements for creating a summer-style house that can last throughout the entire year?

A Always try to bring elements of the outdoors to the inside of the house. Palm trees are key motifs for creating a summery Caribbean feel and are more dramatic than say, lots of brightly

coloured flowers. Dark mahogany wood floors and a light cream/white colour scheme help add to the look.

Karl's tip: Don't mix too many different wood tones in one room; if choosing mahogany floors then also choose mahogany wood-toned furniture. Keep window treatments light and breezy; white linen draperies hung from dark wood curtain rods will help create a perfect summer look.

Q What is your favorite neutral paint colour?

A My colour choices are always changing. Right now, I am surrounding myself with grey tones. I painted the floor of my porch grey and everyone thought I was crazy; it is very soothing and of the moment. Benjamin Moore's Eternity (AF-695) is the perfect grey paint colour at this moment.

Karl's tip: Don't be afraid to paint just one room in your house all white (or a light neutral like grey). It can act as a cool getaway room from all the other rich colours throughout the rest of the house.

Q What is one must-have accessory we can add to our homes to create a summer look?

A A Crabtree & Evelyn's Island Living candle (she says with a proud smile). Its



ANNABELLE PHILLIPS PHOTO

Next week:
The second in our three-part Summer Decorating series with India Hicks

During the warm summer months, what do you do with your empty and unused fireplace? According to style icon India Hicks (Twitter: IndiaHicksStyle), display some beautiful wood logs.

wrapped in a rattan storage box that can be used long after the candle has burnt away. I use the rattan boxes to keep pencils and brushes in my home office. You just don't just get a beautiful accessory, you also get a fragrance for the home.

Karl's tip: Make sure to choose the right type of scents throughout your home; cardamon, vanilla

and orange work great in a bedroom; fresh citrus scents in a kitchen; floral scents in a living room or foyer and herbal scents in a dining area.

Q What would be an easy way to dress the inside of an unused fireplace during the summer months?

Gather some beautiful wood logs to display. I

A have six perfect logs that are displayed in the fireplace during the hot weather. They get put away when the fireplace becomes operable throughout the winter months.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style.

BUILD the BEST
FOUR SEASONS
SUNROOMS
Independently Owned & Operated

- SUNROOMS
- CONSERVATORIES
- PATIO SUNROOMS
- SCREENROOMS

WE HAVE GREAT REMODELLING IDEAS...
Bring in the Sun and Expand Your Home!

63 MCQUADE LAKE CRESC. • BAYERS LAKE PARK
HALIFAX (Near Wendy's/Tim Hortons)
455-7866 • CreativeCa.FourSeasonsSunrooms.com

PACKAGE PRICING & SENIORS DISCOUNTS
CALL FOR A FREE QUOTE!

start saving with
Heat Keepers!

Heat Keepers, the next step after your energy audit. Hire us and we will help you **maximize your rebates**. Our many services include:

- **INSULATION:** attics, walls and basements
- **INSTALLATION:** bath fans and all types of air sealing
- **REPLACEMENT:** windows, doors, and Energy Star rated appliances

HEATKEEPERS.CA | 902 802 7312 **HEATKEEPERS**

Mounts deliver best HDTV

RENOVATION High-definition flat-screen TVs pack a mean punch with incredible colour and unbeatable clarity. Not to mention, these flat screens look stunning sitting on a console or mounted on the wall. Television manufacturers have figured out how to cram all of the necessary technology into a teeny tiny frame — in fact, some newer flat-screen HDTVs are less than an inch thick.

But many consumers are discovering the ugly truth when watching their flat-screen HDTVs from an angle: A degraded picture quality. Industry experts are now trying to educate people on the importance of "on-axis viewing". When watching TV straight on, you're experiencing on-axis viewing, or in other words, you're watching from the "sweet spot," where the picture is pristine and perfect. Move ei-



NEWS CANADA PHOTO

Installing a wall mount for your TV can improve picture quality.

ther to the left or right of the TV and the contrast ratio starts to shift, making colors appear dull. This is especially true of LCD TVs. Colour degradation is usually much less noticeable in plasma televisions.

Sanus Systems, makers of flat-screen TV wall mounts, suggest hanging your television on the wall with a full-motion wall mount. Wall mounting a

TV allows you to adjust the viewing angle so the flat screen always faces you wherever you choose to sit. There are many full-motion mount options that allow you to extend, retract, tilt and swivel the TV exactly where you want it. Motorized wall mounts operate with a remote control for a fully automated solution so you never have to leave your seat. **NEWS CANADA**

Expanding living space is easier than you think

Do you struggle to fit everything, not to mention everyone, into your home? Meeting your family's growing needs can be a challenge, especially with several generations — and lifestyles — under one roof. But there is good news. Consider a renovation project this spring. Think how you can increase your living and storage space, while making your home more comfortable and saving money.

Taking a thorough look at different parts of your house will help you identify areas that are underutilized.

Re-organize them into functional and comfortable living spaces. For example, consider adding a sunroom or an extra den for your teenage daughter or son. Or, how about a family room, a game room, an additional quiet bedroom or even a workshop? Thinking creatively about your home, you can add comfort and save money, while meeting the interests and needs of every member of your family.

"Maximizing the productively used space in your home, you not only improve your comfort and quality of life, but you also increase the over-

all value of your house," says David Flood, insulation expert at Owens Corning.

To begin, always make sure the areas you are planning to renovate have adequate insulation. From the attic to the basement to the game room to a sunroom addition, there's an energy-saving PINK insulation product for every renovation project in your house.

Owens Corning recommends installing INSULPINK insulation batts for your basement walls, while QuietZone acoustic batts can help minimize noise.

In addition, adequate insulation is a great way to ensure you are maximizing the energy efficiency in your home, and can help you save on energy bills. And, last but not least, with PINK insulation products, made from recycled content, you will help turn waste into useable products.

For more savings, there are federal, provincial and some municipal governments that offer funding for homeowners who complete energy efficient renovations. Some energy utilities offer additional funding.

With all these reasons

to expand your living space, stop waiting and start insulating. More information on grants and incentives can be found online at showmethethegreen.ca.

More information on how to insulate is available at owenscorning.ca.

NEWS CANADA



Do you have a big family and are forced to house many different personalities under one roof? If so, perhaps it's time to expand your living space with a home renovation.

Open House & BBQ

Friday, May 7 • 9am -2pm

- Meet our expert sales and service staff
- Equipment demonstrations
- 'Talk to a tech' about your equipment maintenance issues
- 10% off Kubota & Toro parts

Win a
Toro E-cycler!
(value of \$459)



eastern turf equipment

CONSUMER • COMMERCIAL • GOLF

140 Ilsley Ave, Burnside
We are a full service and parts turf maintenance, tractor, and construction equipment dealer. 902.468.8873

Gallery 1
Furniture Centre

Come see what is new and fresh.



LIMITED EDITION
Milano Sofa by Decor-Rest
Canadian-made—custom options avail.
\$1399... **Sale \$979**

Broderick Dining Table \$1149... **Sale \$849**



Don't forget to accessorize!



Choose your style of chair!

60 HIGHFIELD PARK DRIVE, DARTMOUTH, NOVA SCOTIA. Tel: (902) 466-5552

* "Sale" items are not combinable with any other discount or promotional offer. SALE ENDS May 9, 2010.

CANADIAN FURNITURE RETAILER OF THE YEAR

Bring mom the spa. Featuring six deep-kneading shiatsu heads, the Sharper Image Deluxe Shiatsu Foot Massager helps mom go from heels to heavenly relaxation. The Source, \$82.99. METRO NEWS SERVICES

Mother's Day GIFT GUIDE

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

Make it extra special

#1

#3

#6

#2

#4

#5

#7

#8

#9

#5

#10

celebrate mom

Make your gift giving more personal.
Create your one-of-a-kind Sears gift card* online.

Gift cards available in store, online at www.sears.ca/giftcard or call 1 800 267 3277

*\$2.99 fee applies and includes shipping to anywhere in Canada. Only redeemable in Canada.

Sears





We Specialize In Providing
Laser Hair Removal Service

Hummingbird MediSPA

*Offers expire May 31st, 2010;
Subject to change without notice*

www.hummingbirdmedispa.com

Help Us Celebrate Our Grand Openings!
All Services up to 50% off!

LASER HAIR REMOVAL

**UNDERARMS
TREATMENT**

reg. \$40 now

ONLY: \$20

HUMMINGBIRD PEDICURE

Includes a

FREE PRFX Nail Polish

ONLY: \$35

Exclusively to Hummingbird MediSPA

PRFX skin care

BUY ONE, GET ONE FREE!

ESTHETICS

**HUMMINGBIRD
MANICURE**

Includes a

FREE PRFX Nail Polish

**PRFX
CHEMICAL
PEEL**

\$49⁹⁹

REG: \$125!!

**3 PRFX FACIALS OR
1 HR RELAX MESSAGES**

\$129⁹⁹

LASER 50% OFF!

UPPER LIP

REG \$39⁹⁹

\$20 EA.

BIKINI

REG \$67⁹⁹

\$34 EA.

BRAZILIAN

REG \$99⁹⁹

\$49 EA.

FULL ARMS

REG \$137⁹⁹

\$69 EA.

FULL LEGS

REG \$199⁹⁹

\$99 EA.

MEDICAL

BOTOXTM

COSMETIC TX

\$7.49 PER UNIT

IPL

PHOTOFACIAL

\$99

REG: \$199!!

**36 U BOTOX;
PHOTOFACIAL
& PRFX FACIAL**

\$419⁹⁹

**36 U BOTOX;
1 SYRINGE
OF FILLER**

\$759⁹⁹

MOTHER'S DAY PACKAGES!

MOM'S MAKEOVER

IPL Photofacial,
PRFX Facial,
PRFX Rejuvenation
Chemical Peel

\$199

HANDS AND FEET

Hummingbird
Manicure & Pedicure
(with paraffin & **FREE**
PRFX polish)

\$69

HEAD TO TOE

Hummingbird
Manicure & Pedicure;
PRFX Facial & 1 Hour
Relaxation Massage

\$149

BEAUTIFUL FACE

PRFX Facial,
PRFX Rejuvenation
Chemical Peel

\$99

RELAXATION

PRFX Facial,
1 Hour Relaxation
Massage

\$99



GIFT
CERTIFICATES
AVAILABLE!

DARTMOUTH 171 Main St.

407-1772

**OPEN HOUSE Saturday May 8th 10-5. Free give aways, live demos,
discounts and draws. Friends and family welcome!**

BEDFORD NOW OPEN FOR BOOKINGS
910 Bedford Highway

406-1772

22 mother's day gift guide



A flower smells just as sweet
Give mom a bouquet to moisturize and refresh her skin.
Mum bath bombs, Lush, \$7.95 each. METRO NEWS SERVICES

Tickle mom's tech savvy bone



#1



#2



#3



#4



#7



#6



#5



#8

#1 Phone home

Visit: rogers.com
The XPERIA X10 in sensuous black, \$149.99 on 3-year plan at Rogers.

#2 For shutter-bugs

Visit: olympuscanada.com
FE-4020 compact camera, \$159. Available in brown, pearl white and pink.

#3 Sound decor

Visit: genevalab.com
GenevaSound S, \$349, available online or at Apple stores.

#4 Help her save time

Visit: timex.ca
The Timex elegant square watch offers a hit of drama and luxury, \$145.

#5 Print pics on the run

Visit: epson.ca
Epson PictureMate Charm is a portable printer for moms on the run, \$175.99.

#6 Make a statement

Visit: hp.com
HP Mini 1000 Vivienne Tam, \$599 at Best Buy and Rogers Rocket mobile hotspot, \$49.99

#7 Doing it all

Visit: rogers.com
All-in-one Nokia N86 8MP combines phone, camera, MP3 player and browser, \$99 on a 3-year contract.

#8 Rise and shine

Visit: thesource.ca
Sony ICPCD3IPS CD clock radio with iPod dock, \$129.99.

Celebrate Mother's Day at

Shining Waters

The perfect reason for a Sunday drive to St. Margaret's Bay!



**Mother's Day
3 Course Dinner
5 - 8pm
\$38.95 per person**



**Mother's Day Brunch
11-2pm
\$24.95 per person**

**Reservations
Recommended**

Shining Waters Seaside Dining
148 Nautical Way, Tantallon, NS 902.826.3625
shiningwaters.ca

Guess what's in Store for you this Mother's Day!

Win one of five \$200 gift certificates and surprise Mom this Mother's Day with a great gift from any of our stores at Scotia Square and Barrington Place Shops.

Drop by one of our stores and receive a ballot for your chance to win!

scotia square

barrington place shops

\$1000 in gift certificates to be won!
Gift certificates are also available for purchase.

DOWNTOWN HALIFAX AT THE CORNER OF DUKE & BARRINGTON STREET
GENERAL INFO AND STORE HOURS CALL: 4 2 9 - 3 6 6 0

Now that's a long time

The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honour of Rhea, the Mother of the Gods. **SOURCE OKS0.COM**

mother's day gift guide **23**

Canadian mom launches guide for newbies

It wasn't just the sleep-deprived nights that threw Erica Wells for a loop.

As a first-time mother, she admits she didn't anticipate the overwhelming concerns she would feel for her new baby.

"You worry about 'Are they eating too much? Are they sleeping too much? Are they too hot? Are they too cold?'" Wells recalled. "The first year is a constant fog of worry about this beautiful baby you've created, because you're so insecure about yourself as a new mom that you're worried that you're not taking good enough care."

Wells, a Vancouver-based mortgage broker and now a mother of two, has teamed up with her U.K.-based friend and fellow mom, Lorraine Regel, to help allay similar fears faced by women becoming first-time mothers.

But rather than seeking out medical experts and parental educators, the duo drew largely on their own experiences and informally interviewed dozens of fellow moms for advice.

In their new book, *The*

Survival Guide for Rookie Moms (John Wiley and Sons Canada), Wells and Regel take an informative but light-hearted approach in addressing questions and concerns about their launch into motherhood.

The duo vow to share the "dark-and-dirty beans" on surviving the first year of motherhood, and set

the tone right from the introduction with Regel's candid revelation that no one told her giving birth "was like trying to have a huge poo."

"It's overwhelming because you feel like, 'Oh my goodness, am I doing it right? Is it going to come out the wrong end?'" Wells said. "And that's how we wanted to start off, to show everybody that what we're going to talk about in this

book are truly the dark and dirty secrets on what it takes to be a new mom. We're not going to sugar-coat anything."

Wells said the pair became friends when Regel moved with her husband to B.C. 10 years ago, and both became pregnant with daughters around the same time.

After she gave birth to Mackenzie, now six, Wells brainstormed the idea for a book on becoming a mom, feeling there was a void in honest advice on what the experience was like. She asked Regel for her help.

While books written by those in the medical community are important for new mothers, they wanted a source of advice by and for real moms, Wells said.

"When you're sitting around at Starbucks with your girlfriends talking

Authors share dark and dirty stories about surviving the first year



Erica Wells, centre, spends time with her children, six-year-old Mackenzie Wells, left, and two-year-old Parker Wells, right, at their home in Surrey, B.C. May 2. Wells is the co-author of the book, *The Survival Guide for Rookie Moms*.

over coffee, the advice sounds a lot different than when you're talking with your doctor," said the 36-year-old, who also has a two-year-old son, Parker. "We just wanted new moms to have the opportunity to get advice that was-

n't so formal and so guarded."

The guide also offers survival secrets on age-old issues like getting babies to sleep, with suggestions that include setting bedtime routines, soothing noises, swaddling and advising par-

ents to resist the urge to kiss their baby's cheek once they're in slumberland.

Regel returned to the U.K. nearly a year ago, but she and Wells continue to collaborate, running their blog, <http://survival4moms.com>. **THE CANADIAN PRESS**

Neptune THEATRE
George Pothitos, Artistic Director

NEPTUNE THEATRE'S 2010-2011 SEASON

TREAT MOM TO THEATRE!

Give Mom the gift of two nights out with the 2 Timer package. Two tickets to any two shows in Neptune's season for only \$160.

429-7070
neptunetheatre.com

FISHERMAN'S MARKET
EST. 1948
Fine Quality Seafood & Lobster

443-3474

Bringing you Quality, Service, Variety and Value since 1948.

Mother's Day Weekend Specials

• SALE STARTS TODAY! •

Live Cannersize Lobsters (2 Claw)
3.99each or 44.99/doz

Fresh Digby Scallops **8.99lb** (20/30ct)

Shrimp Raw Shell On (Frozen) **5.79lb** (31/40ct)

Fresh Atlantic Halibut Steaks **8.99lb**

Look for more great Mothers Day Weekend Specials in Friday's paper!

**All Specials While Quantities Last.*

Fisherman's Market 607 Bedford Hwy.
Mother's Day Weeked Hours: Thursday - Saturday 9am - 6pm
Mothers Day Sunday 9am - 6pm

24 mother's day gift guide



Plan a High Tea for mom
Harney and Son's Linen Tea Chest, \$29.99 collections include Herbal (linen) and Classic (lavender). Available at Indigo. METRO NEWS SERVICES

Gifts for the fashionista



#1



#3



#6



#4



#5



#2

Treat Mom to a Lobster Feast!

SUPER PRICE!
Live Lobster
2 Claw Cannors*
\$4.49 each *Oh So Tasty!*
-OR-
\$49.99 per doz
Visit us for more in store specials.

Clearwater
www.clearwater.ca

902.443.0333
757 Bedford Hwy
9am-6pm 7 Days a week

902.873.4509
Halifax Int. Airport
6am-9pm

*Sale from Thurs May 6th - Mon May 10th, Bedford store only.

#1

The complete package

Visit: melanielyne.com
Coffee sleeveless blouse, \$125.00. Matching coffee silk pants, \$165.00.

#2

Elegant luxury

Visit: clubmonaco.com
Keep mom cosy in a soft purple cashmere wrap, \$199.

#3

For the golf lover

Visit: columbia.com
Stay fashionable on the green with the Curb Check half zip top, \$64.99.

#4

A sweet treat

eatmywords.org
Hand crafted mini Chocolate Choo shoe, \$6. Profits go to Stephen Lewis Foundation.

#5

Pack it all in

manumanu.com
A sturdy tote, well-suited for heavy loads. Handles fashioned from leather with durable hardware, \$450.

#6

Keeping Swatch

Visit: swatch.com
Special edition Mother's Day watch, comes with handbag, \$135.

Mom's Day Cabaret

in support of
SHYM
Supportive Housing for Young Mothers

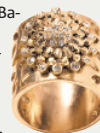
\$40 • May 8, 7-9pm
NSCC Waterfront Auditorium
(price includes hors d'oeuvres)

Enjoy an evening of live entertainment with comedians, actors, raffle sales/draw, silent auction and more!

www.shym.ca • 465-2213

3 gifts with sparkle

1 Mensa Metal Band ring, \$35 at Banana Republic stores across Canada.



2

Filigree Heart pendant in sterling silver, \$240 at Tiffany & Co.



3

Crystal studded wristlet, \$525 at Swarovski Gallery stores.



Trendz
Café & Wine Bar

Fantastic Mother's Day Brunch!

Call 463-2000 for reservations – sittings at 11am and 1pm
\$29.95 plus tax and gratuity. Check out trendzcafe.ca

Amazing cuisine and hospitality at our full service restaurant and lounge awaits you – breakfast, lunch and dinner. Offering savory monthly specials.

446-3782 • Best Western Dartmouth Hotel & Suites, 15 Spectacle Lake Dr, Burnside • trendzcafe.ca

Did you know?

In the U.S., by 1911 Mother's Day was celebrated in almost every state. President Woodrow Wilson, in 1914, made the official announcement proclaiming Mother's Day a national holiday that was to be held each year on the 2nd Sunday of May. SOURCE: OKS06.MCM

mother's day gift guide 25

Homemade for mom

This delicious dessert is perfect to make ahead and freeze for a large gathering on Mother's Day or the long Victoria Day weekend.

The texture of the filling is similar to semifreddo, which is Italian for half-frozen, and contrasts nicely with the crunchy crust. Prepare the crust and rhubarb mixture ahead of time for quick assembly later.

Frozen Rhubarb Dessert

SERVES 12

SOURCE: FOODLAND ONTARIO

INGREDIENTS:

- 1 1/2 (4 cups) sliced rhubarb (about 750 g/1 1/2 lb)
- 250 ml (1 cup) brown sugar
- 1 orange
- 15 ml (1 tbsp) cornstarch
- 2 egg whites or 50 ml (1/4 cup) liquid egg whites, at room temperature
- 125 ml (1/2 cup) granulated sugar
- Red food colouring

Crust and Topping

- 250 ml (1 cup) whole-wheat flour
- 125 ml (1/2 cup) walnut pieces
- 50 ml (1/4 cup) packed brown sugar
- 5 ml (1 tsp) cinnamon
- 75 ml (1/3 cup) butter, melted
- Mint sprigs (optional)

METHOD:

1. In a saucepan, bring rhubarb and brown sugar to a boil over medium-high heat, stirring.

Reduce heat to medium; cook until rhubarb is softened to sauce consistency, 10 to 15 minutes.



Frozen rhubarb dessert is perfect to make ahead for your Mother's Day gathering.

2. Meanwhile, grate rind of orange and squeeze orange to yield 50 ml (1/4 cup) juice.

Mix together juice, rind and cornstarch until smooth; stir into rhubarb sauce and increase heat to high and boil for 1 to 2 minutes or until thickened slightly.

Transfer to a bowl and let cool to room temperature or chill in refrigerator for about 30 minutes.

3. Crust and Topping: Meanwhile, in a food processor, pulse together flour, walnuts, sugar and cinnamon until crumbly.

Add butter and pulse until combined; press 375 ml (1 1/2 cups) of the crumbs over bottom of 23-cm (9-inch) springform pan.

Place remaining crumbs in a baking pan. Bake crust and crumbs in a 180 C (350 F) oven for 7 minutes or until crumbs are golden brown: Remove crumbs.

Bake crust for 8 minutes longer or until golden brown.

Remove to rack and let cool to room temperature, 25 to 30 minutes.

4. In a large bowl, beat egg whites on high speed

until soft peaks form; gradually beat in sugar, a spoonful at a time, beating until stiff peaks form. Stir in rhubarb. Stir in food colouring by drops to desired colour.

Pour over crust; sprinkle with reserved crumbs. Freeze for 8 hours or overnight. (If frozen solid, remove from freezer a few minutes before serving.)

Run knife dipped in hot water around the edge and remove springform ring; cut into serving pieces and garnish with mint, if desired.

THE CANADIAN PRESS

TRUE NORTH Diner

A True 1950's Style Dining Experience

Special Mother's Day Breakfast/Brunch buffet 9 - 2 pm \$12.95	Fresh Lobster Dinner \$15.95 all day
Salmon Supreme \$12.95	Surf & Turf \$13.95

ALL MOTHERS RECEIVE A FREE GIFT CERTIFICATE!

OLD PONDEROSA SITE
832-1950 • 1658 Bedford Hwy
www.TrueNorthDiner.com

Crafters Market 2010

Hosted by "Co Co Beans"
in support of Feed Nova Scotia

**Halifax Forum
Multi Purpose Centre**
(Windsor Street, just off Robie and Young)

Saturday May 8 • 10am-6pm

Admission \$3 or a donation of a non perishable food item

Tables available!
Please contact:
Julia or Amy 483-4788

Mother's Day Appreciation Contest 2010

Enter the special "MOM" in your life to win this **amazing prize package valued at over \$3500!** The winner will be announced on **Breakfast Television on Friday May 7th.**

This incredible prize package includes:

- Mom's Makeover package valued at \$2500 from **Vitality Medi Spa** (haircut, color service and deep conditioning treatment, Vitality signature facial treatment & Soft Lift treatment including Botox and Juvederm)
- \$250 Gift Certificate from **Spring Garden Place**
- Gold "MOM" Pendant necklace with Swarovski Crystal elements valued \$99.99, **Charm Diamond Centres**
- \$50.00 gift certificate, **Furs & Leathers By Seymour**
- 4 tickets to **The Royal Nova Scotia International Tattoo** valued at \$260.00
- Mothers Day Bouquet, **My Mother's Bloomers** valued at \$75.00
- \$50.00 Gift Certificate, **Off The Hanger**
- \$50.00 Gift Certificate, **Jennifer's Of Nova Scotia**
- Hair Care Gift basket valued at \$75.00, **Pino's Hair Salon**
- Box of hand-made Belgian Chocolates valued at \$50, **Rosemary's Chocolates**
- \$50 gift certificate, **Snaubar Restaurant**

Make Spring Garden Your Mothers' Day Destination

One Ballot per customer. Only Fully Completed Ballots are eligible to win. Must be a "Mother" to win. Complete prize & contest details on SpringGardenArea.com • Ballots available at participating Spring Garden Area Merchants.

1535 Dresden Row, Halifax, Nova Scotia | www.dresdenrowmarket.ca



Discover The Locally Owned Shops & Restaurants of Dresden Row Market

DRESDEN ROW MARKET

Make a Special Stop



Pete's Frootique | Cucina Moderna | Topcuts | Cora's | Premier Wine and Spirits | Snaubar Lebanese Cuisine
Taiba Café | Rosemary's Chocolates | Sushi Nami Royale | Top Drawer Men's Apparel | The Suitor | New Century Trading

DRESDEN ROW MARKET
Make a Special Stop

WE'RE TURNING 12!

*Come celebrate a
dirty dozen with us!*

Saturday, May 8, 10am - 6pm

25% off all toys

Join us for cake and coffee and a
FREE VIBRATOR for our first 50 customers*!

*With purchase over \$25



venus envy 1598 Barrington St, Halifax. 902-422-0004 www.venusenvy.ca

26 mother's day gift guide

A personal touch

A little extra effort goes a long way

Flowers. Spa days. Lavish dinners. On Mother's Day, there are a variety of ways to recognize the special women who have made a difference in our lives. In fact, a recent study conducted by Yahoo indicated that over 85 per cent of consumers celebrate the second Sunday in May, spending billions of dollars on gifts.

Times are changing, however, and many experts are noticing an increased trend towards Mother's Day gifts with a more personal touch. According to Shelli Gardner, CEO and co-founder of crafting company Stampin' Up!, a growing number of Canadians are choosing handmade or personalized Mother's Day gifts that were created especially for the receiver. "Showing your love and appreciation for Mom doesn't have to cost a fortune," said Gardner. "The gift with the greatest impact, the one that shows you truly wanted to make someone feel special, is the one you make yourself."

Gardner suggests the following Mother's Day gift ideas for creative types:

Handmade cards

Creating a unique do-it-yourself



"The gift with the greatest impact, the one that shows you truly wanted to make someone feel special, is the one you make yourself."

Shelli Gardner, Stampin' Up!

Mother's Day card can be as simple as gathering coloured paper, punches and rubber stamps, or investing in a ready-made cardmaking kit that includes all required supplies. Include favourite photos, phrases, and colours, and don't be afraid to get decorative with ribbons and other accessories.

Personalized jewellery

There was a time when handmade Mother's Day jewellery meant paper-clip necklaces and other grade school art projects, but there are some new options available that make it easy for creative types of all ages to create professional-quality customized necklaces, bracelets and other adornments. Consider taking a class at a local studio, or invest

in a kit like Stampin' Up!'s Simply Adorned collection, which includes chains, bracelets and locket-style charms (visit stampinup.ca for information about where to buy). For example, consider adding an antique-style charm with a favourite childhood photo to a necklace chain for a keepsake that will be (literally) close to Mom's heart.

Mother's Day scrapbook:

The entire family can get together to pool favourite photos, vacation mementos and other special souvenirs to create a special Mother's Day scrapbook. Work with a traditional album and crafting materials or go high-tech and try an option like My Digital Studio, an easy-to-use software-based design studio that features thousands of exclusive images, colours, and accessories.

NEWSCANADA.COM

ESPECIALLY FOR

Mom

MOTHER'S DAY BRUNCH

Make her special day legendary with a temptingly delicious buffet brunch set in the elegant and charming surroundings of The Lord Nelson Hotel.

\$50

Per person, includes tax & gratuity.

Children under 12 yrs \$25 & under 5 yrs are free.

TO RESERVE CALL 423-6331

See our menu online www.lordnelsonhotel.com



THE LORD NELSON
HOTEL & SUITES

1515 SOUTH PARK ST. DOWNTOWN HALIFAX
May 9th, 11:30am - 1:30pm. Subject to availability.

It's all about Ü

book a consultation today and find out how you can feel renu'd

Something Special for Her

Treat your mom this Mother's Day with a gift certificate from Renu.

Call us for details.

renü
Cosmetic + Reconstructive Surgery

UltraShape, Liposuction, Skin Care, Photo Rejuvenation, Facelift, Botox®, Spider Vein Treatment and more.
Go to feelrenud.ca to view a complete list of services.
Call us today to book your consultation or visit us for more information. 5943 Spring Garden Road | 902 492 1586 | feelrenud.ca

Wrap mom's hands in cashmere

Infused with cashmere extract, True Blue Spa Shea Cashmere Hand Cream is ultra-moisturizing to soothe and nourish. Bath & BodyWorks, \$14.50. **METRO NEWS SERVICES**

mother's day gift guide **27**

The gift mom needs most: Time

KATHY BUCKWORTH
for Metro Canada

Time management gets a lot of focus in the work world, but it's at home where most moms feel the time pinch.

Luckily, the basic strategies for being organized and efficient that are effective in the workplace can be translated to the home front.

Making lists, scheduling "to do's," setting goals, and most importantly, delegation can help to make a smart use of time ... and even find some free time.

This Mother's Day, family members can help mom find the gift of free time by taking on some of her time heavy chores. Some great beyond breakfast-in-bed gift ideas to find time, for mom:

- Many of the chores moms feel they are constantly running behind on

include house cleaning, grocery shopping and sorting through all the detritus households accumulate.

Investigate getting a house cleaning service, signing up for on-line grocery shopping, or hiring a professional organizer to get that closet or home office in ship shape.

- Save mom a trip to the bookstore, but let her read all the latest books with the new Kobo e-reader (chapters.indigo.ca).

Mom can download books to read while waiting at the doctor's office, the ballet lesson, the hockey arena, or even have a "bookfest" in bed.

- No one likes, or has the time, to iron and women's clothes in particular are expensive to dry clean.

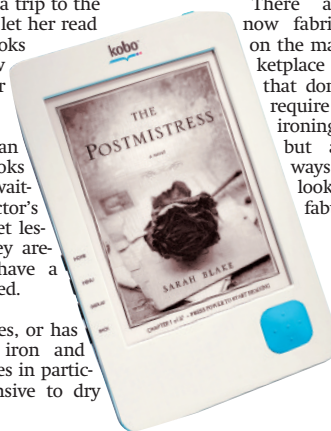
There are now fabrics on the marketplace that don't require ironing, but always look fabu-

lous. Check out Mark's (marks.com) for their Perfectly Pressed No Wrinkle Tops.

- Not all gifts of time have to cost money.

Kids can prepare a coupon book, which includes redeemable passes for laundry, clearing the table, vacuuming, bringing mom a book or her Kobo and a glass of wine, walking to the grocery store for milk, or even babysitting younger siblings (for free!) while mom gets to nap on a Sunday afternoon.

Start with this Sunday, Mother's Day. It's time.



WIN A \$1000 SHOPPING SPREE FOR MOM

VISIT CUSTOMER SERVICE TO ENTER YOUR MOM IN THE DRAW AND CHECK OUT THE EXCLUSIVE MOTHER'S DAY OFFERS FROM MAY 3 - 9.

SAVE UP TO 20% OFF!

VISIT WWW.BEDFORDPLACEMALL.COM OR OUR FACEBOOK PAGE TO FIND OUT MORE!



Beauty gifts for mom

JANINE FALCON
for Metro Canada

Notes of Appreciation

Guerlain Aqua Allegoria Flora Nymphaea, lush with lilac, orange and honey, \$58 at department stores; **Lise Watier Summer Neiges**, sweet with dewy lotus flower and jasmine, \$45 via lisewatier.com; **Marc Jacobs Splash** in Apple, (shown) Biscotti or Pomegranate, inspired by patisserie-shop delights, \$80 each at Holt Renfrew and Sephora.

Skin Savers

Upper Canada Fruit Frappé Dry Oil in Pear with Mangosteen (shown), fruity-fragrant and made without mineral oil; \$13 via uppercanadasoap.com.

Steam Cream, collectible tins of a soft,

steamed blend of mostly natural ingredients including almond and jojoba oils (shown); \$19 at Murale.

Happy Face

The Soap Girl natural face masque powder with lactic acid — mix with water, milk or yogurt, depending on your skin type (shown); \$22 via thesoap-girl.ca.

SkinCeuticals Retexturing Activator, a potent smoothing serum that boosts moisture levels, too (shown); \$80 via 1-877-238-8754.

Origins A Perfect World SPF 25 Age-Defense moisturizer supercharged with powerfully antioxidant Silver Tip White Tea (shown); \$48 at select The Bay locations and via origins.com.

Eye Lights

Chantecaille Les Dauphins limited-edition palette of eyeshadows (and a blush), which earmarks five per cent of sales for dolphin protection (shown); \$95 at Holt Renfrew.

Cheek Thrills

Mary Kay Cheek Glaze in Pomegranate, a beauty hit with omega-rich soybean and watermelon seed oils, for a perfect, natural glow on all skintones; \$20 via marykay.ca.

Giorgio Armani Blushing Fabric Second Skin Blush, sheer tints with a velvet finish (shown); \$45, at Holt Renfrew

Lip Treats

LUSH Sugar Lip Scrub in Bubblegum, Mint Julips (choco-peppermint) and Sweet Lips (choco-vanilla),

made with castor sugar and organic jojoba oil (shown); \$8.95 each via lush.ca.

L'Occitane Peony Liquid Lip Shine in Eté Indien, part of a limited-edition, paraben-free makeup range with skin-softening peony extract; lip shine \$20 via l'occitane.ca.

Clarins Instant Smooth Crystal Lip Balm in Crystal Red, wax-free conditioning in a transparent, just-been-smooched hue (shown); \$27, at Shoppers Drug Mart Beauty Boutiques and department stores.

Tress Management

Ojon Revitalizing 2-Min Hair Mask, speedy, in-shower deep conditioning for busy moms (shown); \$38 at Murale and

ojon.com. **Kerastase Chronologiste**, a super-luxe best-of-the-best treatment that delivers seriously superior soft, glossy locks; \$75 per in-salon session, \$150 per 10-

treatment home kit (shown), 1-866-kerastase.



28 mother's day gift guide

Denmark, Finland, Italy, Turkey, Australia, and Belgium also celebrate Mother's Day on the second Sunday of May. SOURCE: OK50.COM

Show some bling



- | | | |
|---|--|---|
| <p>#1 Golden girl
Visit: swarovski.com
Fantasy necklace,
Swarovski Gallery Stores
Across Canada, \$220.</p> | <p>#2 Flower power
Visit: swarovski.com
Louella pierced earrings
Swarovski Gallery Stores
Across Canada, \$130.</p> | <p>#3 Bling on a budget
Visit: bananarepub-
lic.ca
Baguette Button Bracelet,
\$50, Banana Republic</p> |
| <p>#4 Fashionable fingers
Visit: swarovski.com
Flirt ring, Swarovski
Gallery Stores Across
Canada, \$140</p> | <p>#5 Glittering ears
Visit: swarovski.com
Fantasy pierced ear-
rings Swarovski Gallery
Stores Across Canada, \$65.</p> | <p>#6 Striking statement
Visit: bananarepub-
lic.ca
Perseus Lava Bib, \$85,
Banana Republic.</p> |

ATLANTIC FABRICS

CRAFTS & MORE

May Days

<p>Draperies & Upholstery Fabrics*</p> <p>20% off our regular prices <small>* no reduction on vinyls or linings</small></p>	<p>Fat Quarters singles and bundles Buy 1 get 1 of equal value</p> <p>50% off</p>	<p>Cotton Prints & Quilter's Flannels</p> <p>15% off our regular prices</p>
<p>Outdoor Fabrics</p> <p>20% off our regular prices</p> <p>10% off our best value prices</p>	<p>Fashion Fabrics Denim, Pantweight & Uniform Fabrics</p> <p>20% off our regular prices</p>	<p>Giftware</p> <p>20% off our regular prices</p> <p>10% off our best value prices</p>

Check out our Mother's Day Specials
Gift Certificates Available!

<p>Dartmouth 114 Woodlawn Rd 434-7220</p>	<p>Greenwood Greenwood Mall 765-0600</p>	<p>Bridgewater 2304 Hwy 325, Oakhill 527-2212</p>	<p>New Glasgow 980 East River Rd 752-1234</p>
--	---	--	--

3 gifts to help mom relax

<p>1 Gap Night Gown, \$39.50 available at Gap stores across Canada.</p>	<p>2 Aromatherapy Sleep Lavender Chamomile candle \$12.50 4oz, Bath & Body Works.</p>	<p>3 Gap PJ Shorts \$24.50, available at Gap stores across Canada.</p>
--	--	---

Spoil Mom at Seasons

Mother's Day Brunch
May 9, 2010 10 am - 2 pm
\$39⁹⁵ plus tax per person

Decadent Delights include:

- Greens and Grains Salad Bar
- Local Cold Seafood Display including: smoked salmon, scallops and marinated mussels
- Fresh Fruit Cosmo Bar
- All of your breakfast favorites
- Chef attended "Eggs Your Way" bar
- Grilled Certified Angus Strip Loin
- Chipotle Honey Glazed Chicken
- Baked Salmon napped in lemon grass coconut sauce
- Chef Carved Curry-Rubbed Leg of Lamb
- All of your favorite desserts by Award Winning Pastry Chef Andrew Beck

902-490-3331

SEASONS
BISTRO & WINE BAR

Seasons Bistro at Atlantica Hotel Halifax
1980 Robie Street at Quinpool, Halifax
www.atlanticahotelhalifax.com
www.seasonsrestaurant.com

★★★★★
ATLANTICA
HOTEL HALIFAX

Manuel's runway outfits for sale

American's Next Top Model judge Jay Manuel will auction off part of his private collection of the designer looks on eBay through a partnership with Auction Cause. The auction begins next Thursday and runs until May 23. **METRO NEWS SERVICES**

29

Style



Freestyle fashion

From the heiresses in the 1890s to the screen sirens of the 1940s — and, really, into the 21st century — it was American style icons who helped move fashion forward with new standards of beauty, sexuality, power and art, even if many of the best couturiers lived and worked across the Atlantic. The Metropolitan Museum's Costume Institute celebrates this influence in its new exhibit *American Woman: Fashioning a National Identity*. Pictured left: Evening gowns part of the Screen Siren collection.

THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

All stacked up

The low-down on how to layer jewelry

HEATHER BUCHAN
for Metro Canada



When it comes to the latest jewelry trend — layering and stacking — there's a fine line between looking fashionable and looking, well, junky. Here's the low-down on how to layer your jewelry like a pro.

According to Banana Republic spokesperson and trend expert Tara Wickwire, the key to pulling off the layered look is to focus on one area. "Either focus on your wrists, your neck, or your hands," she advises. "Don't do it all at once."

Another important rule is to keep your metals in the same metal family, so mix silvers and pewters or mix golds, but avoid mixing the two.

And, finally, if you're sensing that you're overdoing it, Wickwire says to start over from scratch. If you're not comfortable with what you're wearing, other people will notice and that's never a good look.

NECKLACES

When it comes to necklaces, Wickwire recommends experimenting with different lengths and sizes. "When you mix lengths, it looks layered but big pieces aren't competing with each

other," she says.

Start with a statement piece such as a thick graphic necklace with big stones or baubles, then add complementary pieces such as a few simple gold or silver chains in varying lengths. "You can almost make them all look like one piece when you put a few together," adds Wickwire.

BRACELETS, CUFFS AND WATCHES

With bracelets, think about really adding variety to the mix. "Try mixing bangles with a chain bracelet, a small cuff and a leather piece or two," says Wickwire. "And have some fun layering your bracelets with your watch."

With larger cuffs, Wickwire believes it's best to keep it simple and not layer them with other bracelets. "It can otherwise become a bit distracting," she says. But, you could take a queue from the late fashion icon Diana Vreeland and wear chunky matching cuffs on each wrist.

RINGS

"There's a number of finer small bands, bands with small stones in them, and those are definitely the ones you can have fun layering," explains Wickwire.



Paloma's Sugar Stacks ring (ranging from \$1,500 to \$2,250 each), Tiffany & Co

However, keep this rule in mind: stick to layering rings on one finger.

Wearing multiple rings on multiple fingers definitely starts looking overdone and verg-



Multi-strand necklace, \$95, Banana Republic



Add a punch of colour to your jewelry layering with the new Swatch Color Code watch collection. The watches are \$55 each at Swatch Boutiques and retailers across Canada.

ing on cluttered.

Experiment with different coloured stones and varying bandwidths for added interest. When it comes to a more substantial ring, like a cocktail ring, Wickwire says it's best to wear just that one.

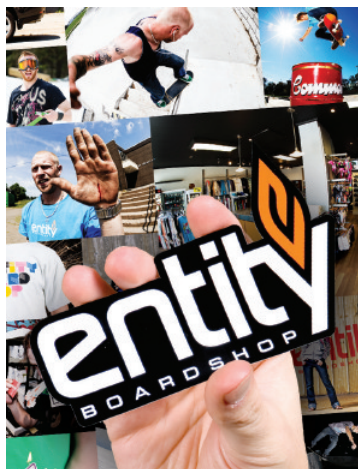


Thomas Sabo pink watch with leather strap, \$898 (thomassabo.com)

Fabric wrapped bracelets by Expression, \$30 each, The Bay



Greek Isle Stretch bracelet (with green stones), \$73, and overlay stretch bracelet, \$42. Both available at liasophia.ca



ONE YEAR ANNIVERSARY SALE

MAY 8TH AND 9TH
BAR-B-Q AND LOTS OF PRIZES
40-70% SALE RACK
25% OFF JEANS
20% OFF SHOE WALL
15% OFF ENTIRE STORE (10% OFF SKATE)
BUY 1 SHIRT GET THE 2ND FOR \$5
WE NOW CARRY YOUTH SIZING (BOYS)

1270 BEDFORD HIGHWAY 902 406 3449 WWW.ENTITYBOARDSHOP.COM

TOP 5 DOCTORS RECOMMENDED BY METRO READERS

KATHERINE MONTGOMERY
"She is truly dedicated to her patients and obviously loves her job."

DR. HEIDI HAISLIP
"Great listener, professional, caring and accessible."

DR. LORETTA LEE
"She always takes the time to address any and all concerns."

DR. CATHERINE MACDOUGALL
"She is an exceptional Dr. who is caring and thorough."

DR. BENDOR-SAMUEL
"He was very easy to talk to and professional."

NEXT WEEK'S TOP 5 — WEB DESIGNERS

Recommend your Web Designer by Friday and you could WIN A HP MINI 10.1" NETBOOK!
TO ENTER VISIT METRONEWS.CA/GIGPARK

Powered by



Patrick Dempsey is handing in his scalpel for some heavier machinery. The Grey's Anatomy star, 44, told Brazilian reporters he has joined the cast of Transformers 3, according to website BOL Noticias. **TVGUIDE.COM**

Entertainment

Cause of death

Corey Haim died of pneumonia, not drug abuse, according to an autopsy report released by the Los Angeles Coroner's office.

METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONWS.CA

⊙⊙⊙⊙⊙ A CLASSIC; ⊙⊙⊙⊙⊙ EXCELLENT; ⊙⊙⊙⊙ GOOD; ⊙⊙⊙ FAIR; ⊙ POOR

Broken Record a work of art

Broken Social Scene

Album: Forgiveness
Rock Record
Label: Arts & Crafts
Rating: ⊙⊙⊙⊙⊙

CANADA'S INDIE BRAIN

trust returns with its everything-plus-the-kitchen-sink approach to alternative rock. Last time 'round (it was 2005), the extended musical family brought together by Broken Social Scene chief instigators Kevin Drew and Brendan Canning often sounded like siblings bickering across the Thanksgiving dinner table. At times, it was little more than frayed cacophony. All is forgiven, however, at Forgiveness



AlbumReviews

music@metronews.ca

Rock. The indulgent excesses remain — why use nine musicians when there's 22 available, or one synthesizer when there's four in the studio, or just Feist when you can have Emily Haines and Amy Millan, too? Nonetheless, the 14 tracks here are carefully sculpted aural pleasures. Collectively, they're as close to a Can-rock masterpiece as you can get. This is a record that deserves study, the sort that university courses are built around. Then maybe we can get answers to questions like ... what's that car alarm doing in the background of World Sick?

Graham Rockingham/for Metro Canada

The New Pornographers

Album: Together
Label: Last Gang
Rating: ⊙⊙⊙⊙⊙

INDIE KIDS WOKE up this week to find themselves smiled on by the rock gods. New releases from both Broken Social Scene and The New Pornographers in the same week? While BSS is a contender for "masterpiece" distinction, the NPs fall just short. The power chords and bits of Beatlesque psychedelia are in all the right places while Neko Case sings with girlish charm and A.C. Newman injects his twisted sense of mirth throughout. And perhaps this is the



Broken Social Scene's Forgiveness Rock Record deserves the sort of study that university courses are built around.

problem. There's just a few too many nods and winks going on here, almost as if they're afraid of taking themselves too seriously. But maybe that's the whole point? Why else would you write a song called Valkyrie in the Roller Disco?

Graham Rockingham/for Metro Canada

Justin Rutledge

Album: The Early Windows
Label: Six Shooter/Warner
Rating: ⊙⊙⊙⊙

IF YOU WANT

anyone to have a co-write on a record, it's probably Booker Prize winning author Michael Ondaatje. Toronto's Justin Rutledge lucked out when the author approached him to collaborate, but while he provided some lyrical depth, it's Rutledge who makes this record shine. As usual, the singer-songwriter's rootsy tunes are filled with passion and precision — opener Jack of Diamonds is a warm country track, while he turns up the heat a bit on the driving The Heart of A River.

Bryan Borzykowski/for Metro Canada



instrumentation and relaxed songwriting continues from there.

Bryan Borzykowski/for Metro Canada

Court Yard Hounds

Album: Court Yard Hounds
Label: Columbia/Sony
Rating: ⊙⊙⊙⊙

COURT YARD

HOUNDS is the Dixie Chicks, minus bold Bush-hating frontrrrrrrr Natalie Maines who is taking time off to be a mom and heal some red-neck inflicted wounds. Remaining Chicks — sisters Emily Robison and Martie Maguire — are remarkably talented songwriters and musicians. They also harmonize as only sisters can. They've created a quality country album that leans both to the traditional and the contemporary (as all good Dixie Chicks CDs do). Yet, it's not quite what we've come to expect from the Chicks. Maines provides an attitudinal punch missing here. Give it a couple of years and she'll be back.

Graham Rockingham/for Metro Canada
THE LAST FOUR years haven't



Deftones

Album: Diamond Eyes
Label: Reprise/Warner
Rating: ⊙⊙⊙⊙

been kind to the Deftones.



The alt-metal act's bassist was severely injured in a car accident and their future was in doubt. They had to scrap a nearly completed record, but they didn't throw in the towel, recording a new batch of tunes with Quicksand's Sergio Vega. The disc is loaded with the band's familiar crunchy riffs and wails. But it's also a dreamy, atmospheric effort that leaves out the expected woe in me lyrics.

Bryan Borzykowski/for Metro Canada

The Hold Steady

Album: Heaven is Whenever
Label: Vagrant/Universal
Rating: ⊙⊙⊙⊙⊙

THE HOLD

STEADY have been making bar band-approved rock 'n' roll for six years, and while all their discs have received rave reviews, it's this fifth one that's their piece de résistance. The album isn't much of a departure from the band's Weakerthans-meets-Tragically Hip rock, but the songs are crisper and more laid back. Opener The Sweet Part of the City's epic slide guitars are contrasted by Craig Finn's subdued vocals and the back and forth between passionate



EARLY BIRD ENDS MAY 17th!

HALIFAX rocks 2010

BlackBerry PRESENTS

THE BLACK EYED PEAS

THE END WORLD TOUR 2010

With Special Guests: WEEZER & Classified
Saturday July 24th - Halifax Common

Early Bird and VIP Tickets On Sale Now:
Ticket Atlantic Box Office, Participating Superstores
Online: www.ticketatlantic.com
Phone: 902-451-1221



Follow Metro Music on Twitter:
[@TheMetroMusic](https://twitter.com/TheMetroMusic)

Sexy gone with Pamela's exit

Buxom star Pamela Anderson was given the boot on Tuesday's *Dancing With the Stars*, and her fellow contestants are more than a little bummed. "The show's losing a lot of sexiness," NFL star Chad Ochocinco told E! News. **POPEATER.COM**

entertainment **31**

Bieber fans tap into Twitter to trash Kardashian

Justin Bieber had to calm his leagues of smitten followers yesterday after Kim Kardashian said she received death threats from the 16-year-old's adoring fans.

Bieber and the reality TV starlet had engaged in some lighthearted Twitter flirting after they were

photographed together at the White House Correspondents' Dinner in Washington, D.C. Bieber tweeted a photo of the two together and

called Kardashian his girlfriend, and the 29-year-old gamely responded that she had

Justin Bieber (left) and Kim Kardashian (right)



"Bieber fever."

But Kardashian tweeted on Tuesday that she had felt the wrath of Bieber's jealous devotees.

"I'm getting death threats from your fans! This is unBelievable!!!" she wrote.

The teen heartthrob politely asked his fans to

back off yesterday morning. "Ladies calm down," he wrote. "(Kardashian) is a friend. A very sexy friend but a friend. No need 4 threats. Let's all be friends and hang out often :)." It's the second time of late that the mop-topped Stratford, Ont., crooner has had to take to his pop-

ular Twitter account — with nearly 2.3 million followers — to confront out-of-control fans.

Last week, Bieber wrote that his mother had been knocked down as a frenzied crowd mobbed the young singer as he arrived at a New Zealand airport.

THE CANADIAN PRESS

Service Directory

To advertise contact Chris Cannon at 421-5826



GLOBAL PAVING

contractors Ltd.

Quality Doesn't Cost a Fortune

Offering guaranteed workmanship in residential & commercial:

• Paving • Concrete • Landscaping • **445-6225**

Free Estimates • Fully Insured • 2 Year Guarantee



GLASS REPAIR

Special Introductory Self-Facial from \$29.99*
(reg. \$70)

facial bar
BEAUTY Long-Time-Liner®
+ semi-permanent make-up
and self-facial bar.

446.4046 • 6172 Quinpool, Halifax
www.yfacialbar.com • yfacial@yfacial.com

HOME IMPROVEMENT

LICENSED ELECTRICIAN
Halifax • Dartmouth • Bedford • Sackville

- Expert trouble shooter, small job specialist, reno's, panel changes
- No travel or fuel surcharge!
- Fast reliable service
- Specializing in jobs too small for the big guys!

412-3448
• FREE •
ESTIMATES



HOME IMPROVEMENT

CENTRAL ROOFING
Specializing in asphalt shingling
and flat roofing
830-1800 • centralroofing.ca

WASTE REMOVAL

Scoopy-Poo
Dog Waste Removal Service

- weekly • bi-weekly
- monthly • one-time-only
- residential & commercial

222-8123
www.scooppoo.ca



WASTE REMOVAL

Hair • Esthetics • Nails

Antoinette's
Esthetics and Nails Ltd

444.9222 • 6A Titus St, Fairview
www.antoinettes.ca

FINANCIAL

TODAY IS A GOOD DAY

TO GET THE FINANCIAL ADVICE YOU DESERVE

Professionalism. Client service. Integrity.

That's what Million Dollar Round Table (MDRT) members strive to bring to their clients each and every day. MDRT is an international, independent association of financial services professionals worldwide. For more than 80 years, MDRT has set the standard for professionalism and excellence.

We proudly salute Tony Trimper for joining the ranks of the top 1% of the world's most successful financial services professionals.



Tony Trimper MDiv, BRM
902-443-5337 ext 2204
tony.trimper@sunlife.com
www.sunlife.ca/tony.trimper

Sun Life Financial

© Sun Life Assurance Company of Canada, 2010.

GLASS REPAIR

GO!
GLASS
MOBILE

Windshields, Home and Business
Glass Replacement on the Go!
Proudly serving the HRM area with
24 hour emergency service.

406-7776 • Dartmouth • goglass.ca

better spaces
your life. organized.

- Custom Closets
- Custom Garage Cabinets
- Concrete Coatings
- Free Estimates and Designs

10% Off - Call For Details
444-8331 • www.betterspaces.ca

grain
improving spaces

Superior
Craftsmanship at a
price you can trust

- design/build •
- renovations •
- restorations •

902.402.6494
www@grainspaces.ca



"I LOVE THIS PAPER"

"This app is a great way to read Metro when on the go" — Real user review

The free Metro Canada application is available on the App Store.

Don't have an iPhone or iPod touch?

Visit m.metronews.ca for news on the move.

Available on the
App Store

metronews.ca

SALES REPS NEEDED

6707696 Canada Inc. is
seeking 5 Skin Care Sales
Reps for our location at
Halifax Shopping Centre.
\$10.80/hour

Email resume to:
6707696halifax@gmail.com

METRO'S SERVICE DIRECTORY

Full colour ads, display
design, all for as little as
\$15 per day! Contact
Chris Cannon at 421-5826



Mark June 24 in your calendars, Twilight fans: That day marks The Twilight Saga: Eclipse's world premiere at the Los Angeles Film Festival, according to The Hollywood Reporter. Of course, it's an invitation-only event. EW.COM

Iron Man missing in action

Iron Man 2

Director: Jon Favreau
Stars: Robert Downey Jr., Scarlett Johansson
Classification: PG
Rating: ⓈⓈ

NED EHRBAR
 Metro World News

Iron Man 2 opens not with a bang but with a whimper, as Mickey Rourke's Ivan Vanko — later to become villain Whiplash, weeps over his dying father in a cluttered Moscow apartment.

It's a big risk for an action tentpole, but one a filmmaker like Jon Favreau can make riding a wave of goodwill after the franchise's critically and commercially successful first chapter two years ago. Unfortunately, Favreau and company spend the next two hours squandering all that good will.

Not Rourke, though. As Whiplash, he's fantastic, a mostly silent supergenius with a revenge-obsessed



Robert Downey Jr. reprises his superhero role in Iron Man 2.

one-track mind.

The problem is he isn't in the movie nearly enough. And his big show-down the film builds toward comes and goes far too quickly.

Another face that doesn't get nearly enough screen time is Iron Man himself. While Tony Stark (Robert

Downey Jr.) is the obvious heart of the story — and while more Downey screen time is rarely a bad thing — he's so rarely in the suit that the film's title feels like false advertising.

Also, the line between Robert Downey Jr. and Tony Stark is quickly disappearing.

It doesn't help that his first two scenes in the film take place in front of an adoring audience, helpfully laughing at all his jokes so moviegoers know how charming he is.

But perhaps the film's primary problem is that it sidelines its main hero and villain, both Stark and

Whiplash sequestered in their labs tinkering while supporting characters carry on without them. There's something very unexciting about watching men think real hard.

But among those supporting characters left to move the story without them, there are some enjoyable

Iron Man 2 midnight screenings

- **Bayers Lake:** No Passes 11:59
- **IMAX:** No Passes 11:59
- **Park Lane:** No Passes 11:59
- **Dartmouth Crossing:** No Passes 12:01

nods.

Sam Rockwell nearly steals the film from Downey as Stark's jealous competitor, while Scarlett Johansson proves a surprisingly good superhero as Black Widow.

Gwyneth Paltrow, on the other hand, has little to do besides look exasperated at Stark's erratic behaviour, and Don Cheadle looks more than a little embarrassed about taking over for Terrence Howard.

It's all set to an abrasive and aggressive soundtrack full of AC/DC, the Clash, the Beastie Boys and others.

The filmmakers seeming to be more interested in bragging about how much money they could spend on licensing fees than anything else.

• For Iron Man 2 trailer, screenshots and photos, visit metronews.ca/movies



For May 5th

- Down With Webster - Your Man
- Hedley - Perfect
- Sean Kingston Ft Justin Bieber - Eenie Meenie
- Shawn Desman - Shiver
- Selena Gomez - Naturally
- Taio Cruz Ft Ludacris - Break Your Heart
- Lady Gaga - Alejandro
- Drake - Over
- Ke\$ha - Your Love Is My Drug

WE WANT YOU!

You could guest host the Interactive NINE@9 with Kid Craig.



kidcraig@1013thebounce.com
 1013 THEBOUNCE.com

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/6/10	31	31	31	ABC News Center 5	World News	Inside Edition	Chronicle	FlashForward (HDTV) (N)	Grey's Anatomy (N)	Private Pract.		
	7	7	7	ASN The Road to Avonlea	Access H.	TMZ (N)	FlashForward (HDTV) (N)	Fringe (HDTV PA) (N)	Fringe (HDTV PA) (N)	Private Pract.		
	11	11	11	CBC Wheel Fortune	Jeopardy! (N)	NHL Hockey Pittsburgh Penguins at Montreal Canadiens. (HDTV) (Live)				National		
	2	2	2	CBC-F Chère Betty (HDTV) (SC)	Squelettes	Gars, fille	Perdus (HDTV) (SC)	Vampires & cie (SC)	Le Téléjournal			
	32	32	32	CBS WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	Survivor: Heroes vs. Villains	CSI: Crime Scene Investigat'n	The Mentalist		
	69	69	69	CFMT TVA nouvelles	Le Cercle (SC)	Marché	Histoires-filles	Devine qui ** (2005, Comédie) Bernie Mac, Zoe Saldana.				
	6	6	6	CHIF Entertainment	ET Canada	90210 "Meet the Parent"		Survivor: Heroes vs. Villains	The Office (N)	Til Death		
	9	9	9	CJCH The Vampire Diaries (N)	The Mentalist "18-5-4"			CSI: Crime Scene Investigat'n	Grey's Anatomy (N)	CTV News		
	10	10	10	ELTV (6) EastLink Television				Podium TV	Community Matters			
	36	36	36	FOX Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)	Fringe (HDTV PA) (N)	Fox First		
	12	12	12	NBC News (N)	Nightly News	Access H.	Extra (N)	Community (N)	Parks/Recreat	The Office (N)	30 Rock	Marriage Ref
	29	29	29	NW (6) Power & Politics		The Lang & O'Leary Exchange		Connect with Mark Kelley (N)	CBC News: The National	National		
	4	4	4	PBS-B PBS NewsHour (N)		Greater Boston	Basic Black	The Story of India "Freedom"	How Much-Dead Body Worth?	Human Spark		
	35	35	35	PBS-D PBS NewsHour (N)		Business Rpt.	Smart Travels	Old House	This Old H'se	Ask This Old	Michigan Out	Sherlock H.
	68	68	68	TQS Guerre clans	Alomex croch	Big Brother Qc	Rire et délire	Volcan à New York (2006, Action) Costas Mandylor. (SC)				
	23	96	96	BNN Business News	Headline	Market Call Tonight		GetConnected	Market Call	Squeeze Play		
	18	18	18	CNN Situation Room-Wolf Blitzer		John King, USA (N)		Campbell Brown (N)	Larry King Live (N)	Cooper 360		
	54	54	54	GOLF PGA Tour Golf	Live From the Players Championship (HDTV) (Live)							
	52	52	52	RSE Connected W-Prime Time	Week-Baseball	Sportsnet Con.		MLB Baseball Toronto Blue Jays at Chicago White Sox. (HDTV) (Live)				
	55	55	55	SCOR Red Heat	Covers Experts	NBA Basketball Playoffs: Teams TBA.						
	45	45	45	SPD NASCAR Racing		NASCAR	NASCAR Hub	Fast Track to Fame				
	53	53	53	TSN Off the Record	SportsCentre	That's Hockey	NHL Hockey San Jose Sharks at Detroit Red Wings. (HDTV) (Live)					
	43	43	43	FAM Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled! (N)	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44	TOON Jimmy Two	Johnny Test	Spliced (N)	Total Drama	Stoked (N)	6TEEN	Futurama	King of the Hill	Futurama: Ben
	26	26	26	TREE Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Babar	Little Bear
	27	27	27	YTV iCarly	To Be Indie	That's-Weird	Family Biz	Ruby/Rockits	Hates Chris	8 Simple Rules	Family Biz	To Be Indie
	16	16	16	A&E The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)				
	70	70	70	APTN APTN National News (N)		Wapos Bay	By the Rapids	Call of the Wild "The Attack"		Whale Rider *** (2002, Drama)		
	50	50	50	BET 106 & Park: BET's Top 10 Live				Tiny & Toya	Tiny & Toya	State Property ** (2002, Crime Drama)		
	37	37	37	BRVO Emily of New Moon		Storytellers	Snapshot	Innovators	Writers	Manufactured Landscapes *** (2006)		
	25	25	25	CMT Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.
	49	49	49	COM Just for Laughs		Air Force	22 Minutes	Comer Gas	Name Is Earl	The Simpsons	South Park	Martin
	153	153	153	COURT Truth, Duty, Valour		Trace Evidence-Dr. Henry Lee		True Murder	Criminals	Psychic Det.	Fraud/Squad	Evidence
	38	38	38	DISC Cash Cab	How It's Made	Daily Planet (N)		Cosmic Collisions	Meteors and asteroids.			MythBusters
	48	48	48	HGTV Extreme Makeover: Home		House Hunters	Property Virgin	Holmes Inspection		House-Bryan	Real Renos	House Hunters
	46	46	46	HIST Re-Inventors	Re-Inventors	Ice Road Truckers "Arctic Ice"		Ice Pilots NWT (HDTV)		Ax Men (HDTV)		Ancient Dis.
	17	17	17	MM Buffy the Vampire Slayer		Degrassi: TNG	Degrassi: TNG	Muchmusic Countdown			Video on Trial	Video on Trial
	19	19	19	MMM mmtop10.ca		The Daily Fix		Ranked!		mmtop10.ca		Bono, Edge
	201	201	201	M1 (6:45) Prom Wars (2008, Comedy)			(8:20) Numb (2007, Comedy-Drama)			Paper Heart ** (2009, Drama)		
	48	23	23	OLN Mantracker		Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	51	51	51	PEACH Friends	Friends	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		Seinfeld
	206	206	206	PIX Scorpion King	(7:35) Rio Bravo	*** (1959, Western) John Wayne, Dean Martin.				Universal Soldier (1992, Science Fiction)		
	67	67	67	RDI RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39	SHOW Trailer Park	Trailer Park	Relic Hunter		The Last Trimester (2006, Suspense)		Chandra West.		NCIS
	40	40	40	SLICE TII Debt-Part	Wedding SOS	Rich Bride Poor Bride		Bootcamp	Last 10	Last 10	Last 10	X-Weighted
	47	47	47	SPACE Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		V "Hearts and Minds"		Lost (N)
	14	14	14	SPIKE CSI: Crime Scene Investigat'n		The Transporter ** (2002, Action) Jason Statham.				(10:05) TNA Wrestling (HDTV)		
	98	98	98	STAR etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		Dr. Oz Show
	21	21	21	TLC Say Yes-Dress	Say Yes-Dress	LA Ink "Time Is Up"		Police Women of Maricopa		The Imploders (N)		Heavy Haulers
	56	34	34	TROP Planet Soap	Comeback	Reality	What Happen?	Family Guy	Family Guy	Seinfeld		70s Show
	20	20	20	TVS Que-champion	Journal de Fr2	Horizons (SC)		Envoyé spécial		Geopolitis		Le Voile révélé
	28	28	28	V Higher Ground		Murder, She Wrote		On the Buses	The Good Life	Scar Tissue (2002, Drama) Roberta Maxwell.		
	97	97	97	VIVA Psychic Inv.	Encounters	Cold Case (Part 1 of 2)		Missing		Medium "Four Dreams"		Cold Case
	22	22	22	W House-Sell	House-Sell	Supernanny		Love It or List It "Etier"		Confidential	Confidential	Divine Design
	251	251	251	WGN WGN Evening News		MLB Baseball Chicago Cubs at Pittsburgh Pirates. From PNC Park in Pittsburgh.						WGN News

critics' corner

The Office

A suspicious Michael (Steve Carell) thinks his girlfriend, Donna (guest star Amy Poehler), is cheating on him and asks Dwight (Rainn Wilson) to investigate. Andy (Ed Helms) becomes frustrated when no one takes his customer's complaint seriously in the new episode "The Cover-Up." John Krasinski and Jenna Fischer also star. 10 PM on CHIF NBC



Manufactured Landscapes

You may never look at an oil rig, a tire dump or a set of railroad tracks the same way again after seeing the work of Edward Burtynsky. In this documentary, filmmaker Jennifer Baichwal follows the Ontario-born photographer to China, where he turns his lens on the Shanghai cityscape, giant factory floors and the enormous Three Gorges Dam, finding a strange beauty in the man-made and mundane. 10 PM on BRVO

Paper Heart

Part documentary and part fictionalized romance, this film finds "Semi-Pro" and "Knocked Up" actress Charlyne Yi playing herself as she embarks on a literal and spiritual journey — taking her from New York to Paris — to discover the true meaning of love. 10 PM on M1

Wine author joins Luckett Vineyards

Winemaker Dominic Rivard has joined Luckett Vineyards, the province's newest vineyard, located in the Gaspereau Valley. Rivard is an author and founding director of the Fruit Wines of Canada Association. Call 902-497-5821. **VALERIE MANSOUR/FOR METRO HALIFAX**

entertainment **33**

Urban Foodie

★★★★★ INSPIRED; ★★★★★ VERY GOOD; ★★★ PALATABLE; ★★ HO-HUM; ★ NEVER AGAIN

Plenty of Palace heat

VALERIE MANSOUR
halifaxfoodie@gmail.com



India Palace
8 Oland Crescent
Bayer's Lake
Halifax 405-8909

Rating: ★★★★★
Dinner for two with drinks: \$25
Signature Dish: Tandoori Chicken
Signature Drink: Mango Lassi

It's Saturday night and five of us are warmly greeted at India Palace. This non-palatial restaurant offers a buffet for

On the web

- Get recipes and more great food content at metronews.ca/recipes

\$9.99. Dishes are from Northern India and vary daily. "It depends on what I want to eat," the owner says.

We help ourselves to a lovely lentil soup, thick, steaming, hot and spicy. The server brings us Naan, fresh and warm. There are five dishes plus rice. Dal Makhani is lentils and kidney beans in onions, tomatoes, ginger and garlic. Chicken Kofta Masala has

chicken formed into meatballs in a ginger garlic sauce. Chicken Biryani has chunks of tender chicken.

Alu Ghobi is made of stir-fried potatoes with bits of cauliflower in a curry sauce. Mixed Vegetables with Tofu is the most interesting dish with onions, tomatoes, carrots and peppers. The tofu absorbs the spice and has rich flavour.

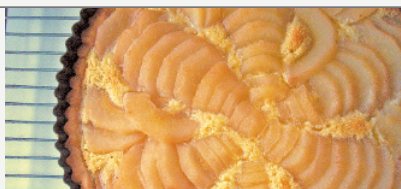
My yogurt-based Mango Lassi is a refreshing contrast to the heat. Everything tastes fine, but there's a uniformity of flavour that is boring. The wonderful dimensions of Indian flavours aren't on the menu quite yet.



A buffet of goodness from India Palace.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Pear Tart Art.



Fresh chickpeas becoming the new hot item

Move over, edamame. Fresh garbanzos — the moist, raw version of a legume usually dried, canned or turned into hummus — may just be the new "new" thing.

Garbanzo beans, also known as chickpeas, generally ripen on the plant into the shrivelled, beige pebbles most people are familiar with. But fresh chickpeas, which are picked in their infancy, are green and encased in thin, pliant pods, much like edamame (soybeans in their shells.) Available only a few weeks a year, fresh chickpeas are prized among in-the-know foodies and sophisticated chefs for their novelty and their young, slightly vegetal taste.

"It tastes like being outside this time of year," says Josh DeChellis, executive chef at New York's La Fonda Del Sol restaurant, where he chars chickpeas in their pods and dresses them with olive oil and salt. "When the guest gets them, they're participating in the season. There's something about

that participation which forms a nice connection with the dish right off the bat."

Fresh garbanzos have been available in California supermarkets and from street vendors in Latino neighbourhoods for years. But only recently have they begun to infiltrate other markets. DeChellis first put them on his menu last year when a supplier introduced him to them, but Whole Foods Market brought them to wider attention in late March when it began carrying them in its northeast stores.

"It's just another item we can add to our exotic produce department," says Bill Yanko, Whole Foods' produce co-ordinator for the Northeast region. The chickpeas, which were first brought to Yanko's attention by a colleague who had seen them in the company's California stores, sell for \$4.99 per 500 grams.

Edamame often are described as "meaty" or "dense," while aficionados call fresh garbanzos "light"

High-fibre chickpea burgers, a meatless entree for the whole family

Chickpea Burgers

Ingredients:

- 125 ml (1/2 cup) pecans
- 1 can (540 ml/19 fl oz) chickpeas, rinsed and drained
- 45 ml (3 tbsp) canola oil
- 1 garlic clove, minced
- 1 egg
- 50 ml (1/4 cup) breadcrumbs
- 250 ml (1 cup) chopped green onions
- 125 ml (1/2 cup) finely chopped fresh parsley
- 5 ml (1 tsp) dried rosemary
- 15 ml (1 tbsp) grated lemon rind
- 2 drops hot sauce
- 5 ml (1 tsp) Worcestershire sauce
- Salt and pepper



- Canola oil, for brushing burgers
- 4 slices cheese (optional)

4 whole-wheat burger buns

Method:

1. On a baking sheet, spread

pecans and bake in a 180 C (350 F) oven for 5 to 8 minutes.

2. In a food processor, puree chickpeas, toasted pecans, canola oil, garlic and egg until smooth. Transfer into large bowl and stir in breadcrumbs. Stir green onions, parsley, lemon rind, hot sauce and Worcestershire sauce into mixture. Form into 8 patties.

3. Brush patties with oil and fry or grill over medium heat for 3 minutes per side. Place each patty on bun half and top with cheese, if using, lettuce or other fixings. Serve open-faced.

Serves 4

THE CANADIAN PRESS

or even "aerated." Cooking the chickpeas in the pods, as DeChellis does, seems to be the preferred method. Unlike edamame or fava beans, which often have several nuggets inside, garbanzos usually yield only one or two per pod, occasionally three.

"I was thinking I would shell them," says freelance writer Josh Friedland, who blogged about the Whole Foods' product on his site The Food Section. "But if you wanted to have more than just a handful for yourself as a snack, it would take forever."

Chef Cal Peternell at Chez Panisse Cafe in Berkeley, Calif., has worked with fresh chickpeas for years

and creates a lively early summer stew with chickpeas, peppers and eggplant that is served over couscous.

"When we're feeling ambitious enough to shell a lot of them, we make a fresh hummus," he says, noting that he leaves out the heavy tahini (a traditional ingredient in hummus). "That's really lovely."

Food and wine writer Derrick Schneider, also from California's Bay Area, advises shelling the chickpeas, then tossing them in flour, salt and seasonings before pan-frying them to be served as part of a frito misto, or blend of fried foods.

THE ASSOCIATED PRESS

Mother's Day Bruffet Brunch

11:30am - 4pm
\$22.95/person
Make your reservations today!



Think Globally, Eat Locally
1583 Brunswick Street • 425.4278 • dofskysgrill.com



It seems Heidi Montag's 13 plastic surgeries weren't enough, after all — Spencer Pratt says his wife wants to enlarge her breasts again, the new issue of Life & Style reveals. **METRO NEWS SERVICES**

Celebrity Buzz

Stepping down as dutiful daddy?

MAY AS WELL MAKE IT LEGAL Charlie Sheen has reportedly surrendered custody of his daughters, female-first.co.uk reports.

The Two and a Half Men actor signed a written agreement two weeks ago to give ex-wife Denise Richards full custody of six-year-old Sam and four-year-old Lola, to replace the shared arrangement they currently have.

Gossip website TMZ reports the actress wanted full legal custody due to her former spouse's current marital problems with wife Brooke Mueller, his struggle to stay sober and the criminal charges he is faced with following his arrest for allegedly attacking Brooke last Christmas Day.

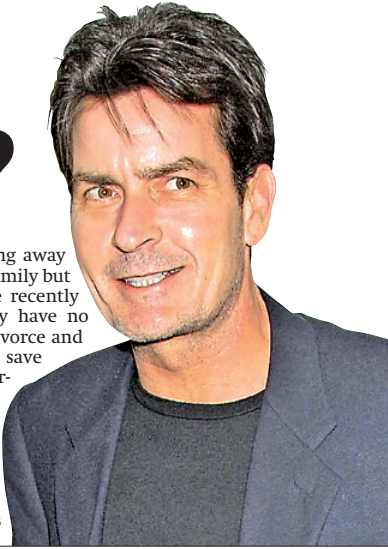
Although Sheen willingly signed the documents,

they have not been filed with the court yet. The agreement means Richards, 39, can now make medical, schooling and other important decisions regarding the children's welfare — including taking them out of the country — without Sheen's approval.

Sheen — who has 13-month-old twins Max and Bob with Mueller — is cur-

rently living away from his family but the couple recently stated they have no plans to divorce and want to save their marriage for the sake of Max and Bob.

METRO NEWS SERVICES



Follow these celebrities on Twitter...

CelebTweets

JUSTIN BIEBER doesn't want people thinking he's stupid, **ELIZABETH BANKS** is getting superstitious, **AMY WINEHOUSE** has a warning for her London neighbours, and **JEREMY PIVEN** knows he's been acting odd.

@justinbieber because I thought this interviewer in NZ said "Jewman" instead of "German" people think I don't know what German is?

@ElizabethBanks Spilled salt at lunch and just accidentally walked under a ladder (while texting). If I see black cat, then I'll know I'm really in for it.

@amyjademermaid king and queen of camden town are coming home.

@jeremypiven Ok for the record if u see me walking in circles and mumbling I'm just preparing so have mercy.

METRO NEWS SERVICES



Wanted: Fact checkers for Hollywood

A QUICK IMDB SEARCH GOES A LONG WAY Julia Louis-Dreyfus almost had the unveiling of her star on the Hollywood Walk of Fame ruined by some poor spelling, with her tile mislabeled as "Julia Luis Dreyfus."



A CNN producer, David Daniel, noticed the error and contacted the committee in charge. "It turns out

Louis-Dreyfus thought the mistake was hysterical, and wanted them to leave it, but they'd already chiseled out the 'Luis' and put a temporary 'Louis' in its place for the unveiling," Daniel says.

METRO WORLD NEWS

They grow up so fast

LET'S JUST HOPE NOT AS FAST AS BRITNEY The online reaction to Miley Cyrus's new video Can't Be Tamed, well, can't be tamed, people.com reports.

Within hours since the sexy new video — in which the singer gives off an edgier vibe with racy dance moves and bold outfits — debuted, fans and bloggers lit up the Web with comments ranging from "stunning, gorgeous, fierce" to

"wow way too much for someone her age."

"It is a sexy video, you can't take that away from it," Cyrus, 17, told E!'s Ryan Seacrest.

But "it's not the premise ... The video is not about being sexy or about who can wear less clothes. That's what every other video about. It's about explaining the song and living the lyrics."

METRO NEWS SERVICES

Enjoying the finer things

LIKE EATING MUSH AND HALF-STARVING YOURSELF. FUN! Jennifer Aniston is the latest celebrity to take on trainer Tracy Anderson's baby food diet, according to Hollyscoop.

The cleanse consists of eating 14 small portions of pureed food

a day, followed by a normal dinner.

"I developed a cleanse where you can still eat and it's a lot of puree foods," Anderson tells the website.

"I was very careful about the foods I chose to put in it."

METRO WORLD NEWS

One thing he can commit to

TATTOOS — PAINFUL AND PERMANENT. OR YOU COULD JUST PUT HIS MOVIES ON REPEAT TO GET THE SAME EFFECT While he hasn't had the best luck in relationships, after his divorce from Reese Witherspoon and recent breakup with Abbie Cornish, Ryan Phillippe

can at least find solace in tattoos.

"Tattoos are like a map to your life," the actor tells Inked magazine. "Permanence is bravery. So many things in our lives aren't permanent. Nothing lasts forever."

METRO WORLD NEWS



Fond memories

WHEN LINDSAY COMMANDEERED A CAR TO CHASE SOMEONE DOWN *SIGH* After a night of partying with her mom, Lindsay Lohan finally made it to a deposition related to her 2007 DUI arrest, according to E! News. The court date was Lohan's last chance to appear, though she arrived at the courthouse 22 minutes late. Lohan is being sued by three passengers who claim she kidnapped them and hijacked their car to chase her former assistant's SUV.

"Lindsay sat through an absurdly long deposition, and answered every question truthfully and honestly," her lawyers says. "We are anxious to go to trial so that she will be vindicated once and for all."

METRO WORLD NEWS



MAKES A GREAT MOTHER'S DAY GIFT!

August 6th & 7th, 2010
Halifax Common www.countryrockfest.ca

Friday August 6th:

Johnny Reid

George Canyon

One More Girl

Saturday August 7th:

Alan Jackson

Billy Currington

Kevin Costner & Modern West

Lonestar

Tickets On Sale NOW:
Ticket Atlantic Box Office, Atlantic Superstores,
Online: www.ticketatlantic.com / Phone: 902-451-1221

CANADIAN

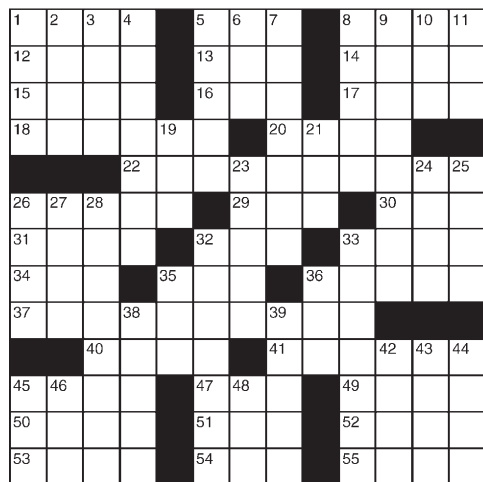
POWER OF THE NIGHT

FX101.9
TODAY'S COUNTRY



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 Pleased
- 5 Docs' org.
- 8 "That's a relief!"
- 12 Staffer
- 13 Restroom, for short
- 14 Emanation
- 15 Paper quantity
- 16 Monokini's lack
- 17 Despot
- 18 Department
- 20 Clock sound
- 22 Redundantly named money dispenser
- 26 Disposed (to)
- 29 Weep
- 30 Veto
- 31 Knocks
- 32 Sleepwear, briefly
- 33 Wrinkly citrus
- 34 Prior night
- 35 Twosome
- 36 Beginning
- 37 Redundantly named IDs for 22-Across
- 40 Profound
- 41 Meal

- 45 Reed instrument
- 47 Documentarian Burns
- 49 Always
- 50 Crucifix
- 51 "Impossible"
- 52 Infamous lyre player
- 53 Prevents
- 54 Writer Hentoff
- 55 Salver

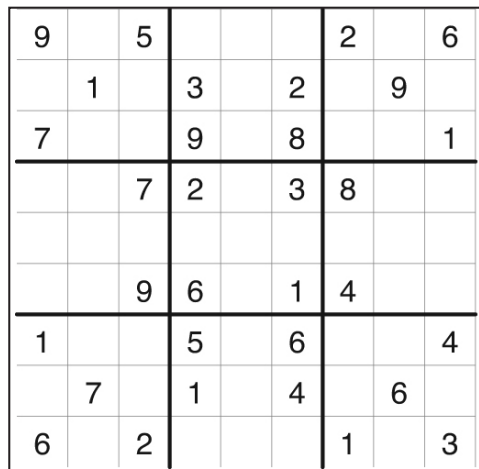
DOWN

- 1 Apparel
- 2 Stead
- 3 Hebrew month
- 4 Lowers in status
- 5 Book of photos
- 6 Scratch
- 7 Internet forum icons
- 8 Keep an eye on
- 9 Corn farmers' socials
- 10 Mound stat
- 11 Ares' realm
- 19 Chowd down
- 21 Unfriendly
- 23 Low-pay, low-skill work
- 24 Shade of green

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Pecan Crusted Red Snapper

Recipe Developed by Paula Bowman
Photo: Carlo Mendoza

PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES

INGREDIENTS:

- 2 tbsp olive oil, plus more for greasing pan
- 3/4 cup pecans, toasted
- 1 tsp rosemary, finely chopped
- 1/2 tsp kosher salt, plus more for vinaigrette
- 1/4 tsp freshly ground black pepper, plus more for vinaigrette
- 1 tsp dijon mustard
- 4 (5-6oz) skinless red snapper fillets

METHOD:

1. Preheat oven to 425°F. Line a rimmed sheet pan with tin foil and lightly grease with olive oil. Set aside.
2. In a food processor, pulse nuts until ground. Transfer to a shallow bowl and toss with rosemary, salt and pepper and set aside.

3. In a small bowl, combine mustard and 1 tablespoon olive oil and stir until well blended. Place fish on a flat surface. Divide mustard mix evenly and spread over the top side of each fillet. Working with one fillet at a time, place fish, mustard-side down into the reserved pecan mixture and coat evenly. Transfer fillet to prepared pan, pecan side up, and continue with remaining fillets. Bake in oven until top is crispy and cooked through, about 8 to 10 minutes.

SERVES 4

• Serve this recipe with Carrot Vinaigrette Salad and Sesame Roasted Potatoes with Cucumber Dip. Find the recipes at 20minutesupperclub.com/metro.



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Focus on your aims and ambitions today. You don't have to do anything specific but you must think deeply about what it is you hope to achieve.

TAURUS
APRIL 21-MAY 21
You don't have to put other people's interests ahead of your own. You don't have to miss out on a good time just because friends are finding things tough.

LIBRA
SEPT 23-OCT 23
You never met a shop window you did not like and the temptation to splurge is strong today. Go on a spree if you must but leave something in reserve.

SCORPIO
OCT 24-NOV 22
By all means help a friend or work colleague get something done today but don't do everything for them. Give them the push they need.

GEMINI
MAY 22-JUNE 21
If certain things are going out of your life it can only be because you no longer need them. Other, better things will soon be along to fill the gap.

SAGITTARIUS
NOV 23-DEC 21
Today there is a danger you will do too much for loved ones and not enough for yourself. It's okay, even desirable, to be selfish occasionally.

CANCER
JUNE 22-JULY 22
If a decision you made recently turned out to be wrong there is still time to put things right again, but you've got to be quick.

CAPRICORN
DEC 22-JAN 20
You will find it much easier to explain to partners and loved ones what it is that's been worrying you.

LEO
JULY 23-AUG 23
You seem to be thinking about faraway places and how nice it would be to see what is beyond the horizon. By why just think? Why not do it?

AQUARIUS
JAN 21-FEB 18
Others can criticize as much as they like but you must maintain an optimistic outlook. It's the positive people who make the world a better place.

VIRGO
AUG 24-SEPT 22
Go out of your way to thank someone who did you a favor recently. Your act of appreciation will make a big impression.

PISCES
FEB 19-MARCH 20
If you have got something arduous planned you are strongly advised to cancel it. You just won't have the energy or the motivation to make a success of it.

This day in history

- 1682: Louis XIV of France moves his court to Versailles.
- 1889: The Eiffel Tower is officially opened to the public at the Universal Exposition in Paris.
- 1937: The German zeppelin Hindenburg catches fire and is destroyed within a minute while attempting to dock at Lakehurst, N.J. Thirty-six people are killed.
- 1940: John Steinbeck is awarded the Pulitzer Prize for his novel *The Grapes of Wrath*.
- 1954: Roger Bannister becomes the first person to run the mile in under four minutes.
- 1999: First elections to the devolved Scottish Parliament and Welsh Assembly held.

METRO NEWS SERVICES

"I LOVE THIS PAPER"



"This app is a great way to read Metro when on the go" – Real user review

The free Metro Canada application is available on the App Store.

Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.



FLIGHT CENTRE Unbeatable

Punta Cana
7 Nights 4-Star All-inclusive
\$280
from + taxes & fees \$321

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex. Halifax. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, HST and fuel supplements and are approximate and subject to change.

SPECIAL PURCHASE

Luxury 4x4 Vehicles

8 TO CHOOSE FROM



'09 JEEP GRAND CHEROKEE LAREDO

Power Windows, Power Door Locks, Cruise, Tilt, A/C, Power Seat, 4x4, Alloy Wheels, Tinted Glass, Roof Rack, Low Kms

MSRP \$42,365

\$18,977 / \$149 Biweekly

4 TO CHOOSE FROM



'09 JEEP GRAND CHEROKEE LAREDO - ATLANTIC EDITION

Power Windows, Power Door Locks, Cruise, Tilt, A/C, Power Seat, Leather Heated Seats, 4x4, Alloy Wheels, Tinted Glass, Roof Rack, Low Kms

MSRP \$44,545

\$20,977 / \$165 Biweekly

5 TO CHOOSE FROM



'09 JEEP GRAND CHEROKEE LAREDO

Power Windows, Power Door Locks, Cruise, Tilt, A/C, Power Seat, 4x4, Alloy Wheels, Tinted Glass, Roof Rack, Low Kms

MSRP \$42,365

\$23,977 / \$189 Biweekly

2 TO CHOOSE FROM



'10 JEEP GRAND CHEROKEE NORTH EDITION

Power Windows, Power Door Locks, Cruise, Tilt, A/C, Power Seat, Leather Heated Seats, 4x4, Alloy Wheels, Tinted Glass, Sunroof, Backup Camera, Roof Rack, Low Kms

MSRP \$46,320

\$30,977 / \$239 Biweekly

5 TO CHOOSE FROM



'09 CHRYSLER ASPEN LIMITED

5.7Litre HEMI, Power Windows, Power Door Locks, Cruise, Tilt, A/C, Power Seat, Leather Heated Seats, 4x4, Alloy Wheels, Tinted Glass, Roof Rack, Low Kms. Some equipped with Sunroof and DVD Player, 7 and 8 passenger vehicles available

MSRP \$52,365

\$32,977 / \$255 Biweekly

FREE LAPTOP WHEN YOU PURCHASE ANY OF THESE FIVE VEHICLES!

WHY CANADA DRIVES



DARTMOUTH

CHRYSLER DODGE Jeep RAM

Where Nova Scotia Comes to Save!

469-9050

DDODGE.COM

All vehicles plus tax & fees. Payments are 84 month term, 5.75 fixed floating rate OAC. Vehicles may not be exactly as illustrated.